| NDB_No | Description  | Weight (g) | Common Measure | Content per<br>Measure |
|--------|--|------------|----------------|------------------------|
| 14006  | Alcoholic beverage, beer, light  | 354        | 12 fl oz       | 1.384                  |
| 14003  | Alcoholic beverage, beer, regular, all   | 355        | 12 fl oz       | 1.821                  |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe                                     | 60         | 2 fl oz        | 0.031                  |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof                 | 42         | 1.5 fl oz      | 0.005                  |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof                 | 42         | 1.5 fl oz      | 0.005                  |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof                 | 42         | 1.5 fl oz      | 0.005                  |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof  | 52         | 1.5 fl oz      | 0.075                  |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                                  | 141        | 4.5 fl oz      | 0.166                  |
| 14536  | Alcoholic beverage, wine, dessert, dry   | 103        | 3.5 fl oz      | 0.219                  |
| 14057  | Alcoholic beverage, wine, dessert, sweet   | 103        | 3.5 fl oz      | 0.219                  |
| 14096  | Alcoholic beverage, wine, table, red   | 103        | 3.5 fl oz      | 0.231                  |
| 14106  | Alcoholic beverage, wine, table, white   | 103        | 3.5 fl oz      | 0.111                  |
| 11001  | Alfalfa seeds, sprouted, raw   | 33         | 1 cup          | 0.159                  |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid               | 248        | 1 cup          | 0.181                  |
| 09011  | Apples, dried, sulfured, uncooked  | 32         | 5 rings        | 0.297                  |
| 09003  | Apples, raw, with skin   | 138        | 1 apple        | 0.126                  |
| 09004  | Apples, raw, without skin  | 110        | 1 cup          | 0.100                  |
| 09020  | Applesauce, canned, sweetened, without salt (includes USDA commodity)                  | 255        | 1 cup          | 0.184                  |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) | 244        | 1 cup          | 0.205                  |
| 09403  | Apricot nectar, canned, with added ascorbic acid                                       | 251        | 1 cup          | 0.653                  |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids                      | 258        | 1 cup          | 0.970                  |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids                            | 244        | 1 cup          | 0.839                  |
| 09032  | Apricots, dried, sulfured, uncooked  | 35         | 10 halves      | 0.906                  |
| 09021  | Apricots, raw  | 35         | 1 apricot      | 0.210                  |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                   | 120        | 1 medium       | 1.332                  |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                   | 168        | 1 cup          | 1.865                  |
| 11015  | Asparagus, canned, drained solids  | 72         | 4 spears       | 0.687                  |
| 11012  | Asparagus, cooked, boiled, drained   | 60         | 4 spears       | 0.650                  |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                               | 180        | 1 cup          | 1.868                  |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                               | 60         | 4 spears       | 0.623                  |
| 09038  | Avocados, raw, California  | 28.35      | 1 oz           | 0.542                  |
| 09039  | Avocados, raw, Florida   | 28.35      | 1 oz           | 0.191                  |
| 18005  | Bagels, cinnamon-raisin  | 89         | 4" bagel       | 2.741                  |
| 18005  | Bagels, cinnamon-raisin  | 71         | 3-1/2" bagel   | 2.187                  |
| 18003  | Bagels, egg  | 71         | 3-1/2" bagel   | 2.445                  |
| 18003  | Bagels, egg  | 89         | 4" bagel       | 3.064                  |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)       | 71         | 3-1/2" bagel   | 2.822                  |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)       | 89         | 4" bagel       | 3.538                  |
| 19077  | Baking chocolate, unsweetened, liquid  | 28.35      | 1 oz           | 0.595                  |
| 19078  | Baking chocolate, unsweetened, squares   | 28.35      | 1 square       | 0.384                  |
| 11028  | Bamboo shoots, canned, drained solids  | 131        | 1 cup          | 0.183                  |
| 09040  | Bananas, raw   | 118        | 1 banana       | 0.785                  |
| 09040  | Bananas, raw   | 150        | 1 cup          | 0.998                  |

| NDB_No | Description  | Weight (g) | Common Measure | Content per<br>Measure |
|--------|--|------------|----------------|------------------------|
| 20006  | Barley, pearled, cooked  | 157        | 1 cup          | 3.239                  |
| 20005  | Barley, pearled, raw   | 200        | 1 cup          | 9.208                  |
| 16006  | Beans, baked, canned, plain or vegetarian  | 254        | 1 cup          | 1.087                  |
| 16008  | Beans, baked, canned, with franks  | 259        | 1 cup          | 2.334                  |
| 16010  | Beans, baked, canned, with pork and sweet sauce  | 253        | 1 cup          | 0.893                  |
| 16011  | Beans, baked, canned, with pork and tomato sauce   | 253        | 1 cup          | 1.250                  |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt   | 172        | 1 cup          | 0.869                  |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt  | 177        | 1 cup          | 1.205                  |
| 16034  | Beans, kidney, red, mature seeds, canned   | 256        | 1 cup          | 1.139                  |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt   | 177        | 1 cup          | 1.023                  |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt  | 182        | 1 cup          | 1.181                  |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt   | 171        | 1 cup          | 0.544                  |
| 11056  | Beans, snap, green, canned, regular pack, drained solids   | 135        | 1 cup          | 0.273                  |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt  | 125        | 1 cup          | 0.768                  |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt   | 135        | 1 cup          | 0.517                  |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids  | 135        | 1 cup          | 0.271                  |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt   | 125        | 1 cup          | 0.768                  |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt   | 135        | 1 cup          | 0.517                  |
| 16051  | Beans, white, mature seeds, canned   | 262        | 1 cup          | 0.296                  |
| 22905  | Beef stew, canned entree   | 232        | 1 cup          | 2.543                  |
| 13818  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised             | 85         | 3 oz           | 2.049                  |
| 13382  | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised              | 85         | 3 oz           | 2.270                  |
| 13348  | Beef, cured, corned beef, canned   | 85.05      | 3 oz           | 2.067                  |
| 13350  | Beef, cured, dried   | 28.35      | 1 oz           | 1.464                  |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85         | 3 oz           | 4.095                  |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85         | 3 oz           | 4.333                  |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85         | 3 oz           | 4.571                  |
| 13826  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted     | 85         | 3 oz           | 2.941                  |
| 13826  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted     | 85         | 3 oz           | 2.941                  |
| 13869  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85         | 3 oz           | 4.867                  |
| 23605  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised    | 85         | 3 oz           | 5.244                  |
| 13878  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85         | 3 oz           | 4.205                  |
| 23598  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted    | 85         | 3 oz           | 4.540                  |
| 13930  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled         | 85         | 3 oz           | 6.100                  |
| 23610  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled            | 85         | 3 oz           | 7.157                  |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried  | 85         | 3 oz           | 14.854                 |
| 11087  | Beet greens, cooked, boiled, drained, without salt   | 144        | 1 cup          | 0.719                  |
| 11084  | Beets, canned, drained solids  | 170        | 1 cup          | 0.267                  |
| 11084  | Beets, canned, drained solids  | 24         | 1 beet         | 0.038                  |
| 11081  | Beets, cooked, boiled, drained   | 170        | 1 cup          | 0.563                  |
| 11081  | Beets, cooked, boiled, drained   | 50         | 1 beet         | 0.166                  |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe  | 60         | 2-1/2" biscuit | 1.769                  |

| NDB_  | No Description   | Weight (g) | Common Measure | Content per<br>Measure |
|-------|--|------------|----------------|------------------------|
| 18016 | Biscuits, plain or buttermilk, prepared from recipe                  | 101        | 4" biscuit     | 2.978                  |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 27         | 2-1/2" biscuit | 0.958                  |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked  | 21         | 2-1/4" biscuit | 0.724                  |
| 09042 | Blackberries, raw  | 144        | 1 cup          | 0.930                  |
| 09055 | Blueberries, frozen, sweetened                                       | 230        | 1 cup          | 0.582                  |
| 09050 | Blueberries, raw   | 145        | 1 cup          | 0.606                  |
| 07008 | Bologna, beef and pork   | 56.7       | 2 slices       | 1.429                  |
| 07014 | Braunschweiger (a liver sausage), pork                               | 56.7       | 2 slices       | 4.745                  |
| 18079 | Bread crumbs, dry, grated, plain                                     | 28.35      | 1 oz           | 1.881                  |
| 18376 | Bread crumbs, dry, grated, seasoned                                  | 120        | 1 cup          | 7.393                  |
| 18082 | Bread stuffing, bread, dry mix, prepared                             | 100        | 1/2 cup        | 1.475                  |
| 18019 | Bread, banana, prepared from recipe, made with margarine             | 60         | 1 slice        | 0.868                  |
| 18023 | Bread, cornbread, dry mix, prepared                                  | 60         | 1 piece        | 1.234                  |
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk  | 65         | 1 piece        | 1.465                  |
| 18025 | Bread, cracked-wheat   | 25         | 1 slice        | 0.918                  |
| 18027 | Bread, egg   | 40         | 1/2" slice     | 1.939                  |
| 18029 | Bread, french or vienna (includes sourdough)                         | 25         | 1/2" slice     | 1.190                  |
| 18033 | Bread, italian   | 20         | 1 slice        | 0.876                  |
| 18035 | Bread, Multi-Grain (includes whole-grain)                            | 26         | 1 slice        | 1.051                  |
| 18036 | Bread, Multi-Grain, toasted (includes whole-grain)                   | 24         | 1 slice        | 1.055                  |
| 18039 | Bread, oatmeal   | 27         | 1 slice        | 0.847                  |
| 18040 | Bread, oatmeal, toasted  | 25         | 1 slice        | 0.767                  |
| 18041 | Bread, pita, white, enriched   | 60         | 6-1/2" pita    | 2.779                  |
| 18041 | Bread, pita, white, enriched   | 28         | 4" pita        | 1.297                  |
| 18044 | Bread, pumpernickel  | 32         | 1 slice        | 0.989                  |
| 18045 | Bread, pumpernickel, toasted   | 29         | 1 slice        | 0.887                  |
| 18047 | Bread, raisin, enriched  | 26         | 1 slice        | 0.901                  |
| 18048 | Bread, raisin, toasted, enriched                                     | 24         | 1 slice        | 0.814                  |
| 18053 | Bread, reduced-calorie, rye  | 23         | 1 slice        | 0.581                  |
| 18055 | Bread, reduced-calorie, wheat  | 23         | 1 slice        | 0.894                  |
| 18057 | Bread, reduced-calorie, white  | 23         | 1 slice        | 0.837                  |
| 18060 | Bread, rye   | 32         | 1 slice        | 1.218                  |
| 18061 | Bread, rye, toasted  | 24         | 1 slice        | 0.903                  |
| 18064 | Bread, wheat   | 25         | 1 slice        | 1.298                  |
| 18065 | Bread, wheat, toasted  | 23         | 1 slice        | 1.438                  |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs)     | 45         | 1 cup          | 1.973                  |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs)     | 25         | 1 slice        | 1.096                  |
| 18070 | Bread, white, commercially prepared, toasted                         | 22         | 1 slice        | 0.864                  |
| 18075 | Bread, whole-wheat, commercially prepared                            | 28         | 1 slice        | 1.320                  |
| 18076 | Bread, whole-wheat, commercially prepared, toasted                   | 25         | 1 slice        | 1.433                  |
| 11091 | Broccoli, cooked, boiled, drained, without salt                      | 156        | 1 cup          | 0.863                  |
| 1091  | Broccoli, cooked, boiled, drained, without salt                      | 37         | 1 spear        | 0.205                  |
| 11740 | Broccoli, flower clusters, raw                                       | 11         | 1 floweret     | 0.070                  |
| 1093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt     | 184        | 1 cup          | 0.843                  |
| 11090 | Broccoli, raw  | 88         | 1 cup          | 0.562                  |
| 11090 | Broccoli, raw  | 31         | 1 spear        | 0.198                  |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt              | 156        | 1 cup          | 0.947                  |

| NDB_No | Description  | Weight (g) | Common Measure | Content per<br>Measure |
|--------|--|------------|----------------|------------------------|
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt    | 155        | 1 cup          | 0.832                  |
| 20011  | Buckwheat flour, whole-groat                                       | 120        | 1 cup          | 7.380                  |
| 20010  | Buckwheat groats, roasted, cooked                                  | 168        | 1 cup          | 1.579                  |
| 20013  | Bulgur, cooked   | 182        | 1 cup          | 1.820                  |
| 20012  | Bulgur, dry  | 140        | 1 cup          | 7.160                  |
| 01001  | Butter, salted   | 14.2       | 1 tbsp         | 0.006                  |
| 01145  | Butter, without salt   | 14.2       | 1 tbsp         | 0.006                  |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170        | 1 cup          | 0.728                  |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt  | 119        | 1 cup          | 0.595                  |
| 11110  | Cabbage, cooked, boiled, drained, without salt                     | 150        | 1 cup          | 0.372                  |
| 11109  | Cabbage, raw   | 70         | 1 cup          | 0.164                  |
| 11112  | Cabbage, red, raw  | 70         | 1 cup          | 0.293                  |
| 11114  | Cabbage, savoy, raw  | 70         | 1 cup          | 0.210                  |
| 18086  | Cake, angelfood, commercially prepared                             | 28         | 1 piece        | 0.247                  |
| 18088  | Cake, angelfood, dry mix, prepared                                 | 50         | 1 piece        | 0.086                  |
| 18090  | Cake, boston cream pie, commercially prepared                      | 92         | 1 piece        | 0.176                  |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting     | 64         | 1 piece        | 0.369                  |
| 18101  | Cake, chocolate, prepared from recipe without frosting             | 95         | 1 piece        | 1.080                  |
| 18110  | Cake, fruitcake, commercially prepared                             | 43         | 1 piece        | 0.340                  |
| 18116  | Cake, gingerbread, prepared from recipe                            | 74         | 1 piece        | 1.286                  |
| 18119  | Cake, pineapple upside-down, prepared from recipe                  | 115        | 1 piece        | 1.369                  |
| 18120  | Cake, pound, commercially prepared, butter                         | 28         | 1 piece        | 0.367                  |
| 18451  | Cake, pound, commercially prepared, fat-free                       | 28         | 1 slice        | 0.192                  |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe                | 65         | 1 shortcake    | 1.672                  |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting           | 50         | 1 cupcake      | 0.463                  |
| 18128  | Cake, snack cakes, creme-filled, sponge                            | 42.5       | 1 cake         | 0.658                  |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat     | 43         | 1 cupcake      | 0.307                  |
| 18133  | Cake, sponge, commercially prepared                                | 30         | 1 shortcake    | 0.580                  |
| 18134  | Cake, sponge, prepared from recipe                                 | 63         | 1 piece        | 0.759                  |
| 18102  | Cake, white, prepared from recipe with coconut frosting            | 112        | 1 piece        | 1.191                  |
| 18139  | Cake, white, prepared from recipe without frosting                 | 74         | 1 piece        | 1.134                  |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting       | 64         | 1 piece        | 0.798                  |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting         | 64         | 1 piece        | 0.320                  |
| 19074  | Candies, caramels  | 10.1       | 1 piece        | 0.015                  |
| 19076  | Candies, caramels, chocolate-flavor roll                           | 7          | 1 piece        | 0.015                  |
| 19071  | Candies, carob, unsweetened  | 28.35      | 1 oz           | 0.295                  |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                    | 17         | 1 piece        | 0.030                  |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe         | 19         | 1 piece        | 0.060                  |
| 19104  | Candies, fudge, vanilla with nuts                                  | 15         | 1 piece        | 0.027                  |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                      | 16         | 1 piece        | 0.006                  |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 74         | 10 worms       | 0.007                  |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 22         | 10 bears       | 0.002                  |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 4.2        | 1 medium       | 0.000                  |
| 19107  | Candies, hard  | 3          | 1 small piece  | 0.000                  |
| 19107  | Candies, hard  | 6          | 1 piece        | 0.000                  |
| 19108  | Candies, jellybeans  | 28.35      | 10 large       | 0.002                  |
| 19109  | Candies, KIT KAT Wafer Bar   | 42         | 1 bar (1.5 oz) | 0.210                  |

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|--------|--|------------|------------------------|------------------------|
| 9141   | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies                                 | 7          | 10 pieces              | 0.019                  |
| 9140   | Candies Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies                       | 20         | 10 pieces              | 0.672                  |
| 19135  | Candies, MARS SNACKFOOD US, MILKY WAY Bar  | 61         | 1 bar (2.15 oz)        | 0.094                  |
| 19135  | Candies, MARS SNACKFOOD US, MILKY WAY Bar  | 18         | 1 fun size bar         | 0.028                  |
| 19155  | Candies, MARS SNACKFOOD US, SNICKERS Bar   | 57         | 1 bar (2 oz)           | 2.052                  |
| 19156  | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits                       | 5          | 1 piece                | 0.000                  |
| 9116   | Candies, marshmallows  | 50         | 1 cup                  | 0.039                  |
| 9120   | Candies, milk chocolate  | 44         | 1 bar (1.55 oz)        | 0.170                  |
| 9126   | Candies, milk chocolate coated peanuts   | 40         | 10 pieces              | 1.700                  |
| 19127  | Candies, milk chocolate coated raisins   | 10         | 10 pieces              | 0.040                  |
| 9132   | Candies, milk chocolate, with almonds  | 41         | 1 bar (1.45 oz)        | 0.304                  |
| 9143   | Candies, MR. GOODBAR Chocolate Bar   | 49         | 1 bar (1.75 oz)        | 1.686                  |
| 9069   | Candies, NESTLE, BUTTERFINGER Bar  | 7          | 1 fun size bar         | 0.185                  |
| 9150   | Candies, REESE'S Peanut Butter Cups  | 45         | 1 package (contains 2) | 2.021                  |
| 9080   | Candies, semisweet chocolate   | 168        | 1 cup                  | 0.717                  |
| 9164   | Candies, SPECIAL DARK Chocolate Bar  | 8.4        | 1 miniature            | 0.000                  |
| 9087   | Candies, white chocolate   | 170        | 1 cup                  | 1.267                  |
| 9060   | Carambola, (starfruit), raw  | 108        | 1 cup                  | 0.396                  |
| 9060   | Carambola, (starfruit), raw  | 91         | 1 fruit                | 0.334                  |
| 4121   | Carbonated beverage, club soda   | 355        | 12 fl oz               | 0.000                  |
| 4400   | Carbonated beverage, cola, contains caffeine   | 370        | 12 fl oz               | 0.000                  |
| 4136   | Carbonated beverage, ginger ale  | 366        | 12 fl oz               | 0.000                  |
| 4142   | Carbonated beverage, grape soda  | 372        | 12 fl oz               | 0.000                  |
| 4416   | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355        | 12 fl oz               | 0.000                  |
| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine            | 355        | 12 fl oz               | 0.000                  |
| 14150  | Carbonated beverage, orange  | 372        | 12 fl oz               | 0.000                  |
| 4153   | Carbonated beverage, pepper-type, contains caffeine                                      | 368        | 12 fl oz               | 0.000                  |
| 4157   | Carbonated beverage, root beer   | 370        | 12 fl oz               | 0.000                  |
| 4145   | Carbonated beverage, SPRITE, lemon-lime, without caffeine                                | 368        | 12 fl oz               | 0.055                  |
| 6055   | Carob flour  | 8          | 1 tbsp                 | 0.152                  |
| 1655   | Carrot juice, canned   | 236        | 1 cup                  | 0.911                  |
| 1960   | Carrots, baby, raw   | 10         | 1 medium               | 0.056                  |
| 1128   | Carrots, canned, regular pack, drained solids  | 146        | 1 cup                  | 0.806                  |
| 1125   | Carrots, cooked, boiled, drained, without salt   | 156        | 1 cup                  | 1.006                  |
| 1131   | Carrots, frozen, cooked, boiled, drained, without salt                                   | 146        | 1 cup                  | 0.607                  |
| 1124   | Carrots, raw   | 110        | 1 cup                  | 1.081                  |
| 1124   | Carrots, raw   | 72         | 1 carrot               | 0.708                  |
| 1935   | Catsup   | 6          | 1 packet               | 0.086                  |
| 1935   | Catsup   | 15         | 1 tbsp                 | 0.214                  |
| 1136   | Cauliflower, cooked, boiled, drained, without salt                                       | 124        | 1 cup                  | 0.508                  |
| 1136   | Cauliflower, cooked, boiled, drained, without salt                                       | 54         | 3 flowerets            | 0.221                  |
| 1138   | Cauliflower, frozen, cooked, boiled, drained, without salt                               | 180        | 1 cup                  | 0.558                  |
| 1135   | Cauliflower, raw   | 13         | 1 floweret             | 0.066                  |
| 1135   | Cauliflower, raw   | 100        | 1 cup                  | 0.507                  |
| 1144   | Celery, cooked, boiled, drained, without salt  | 37.5       | 1 stalk                | 0.120                  |
| 1144   | Celery, cooked, boiled, drained, without salt  | 150        | 1 cup                  | 0.479                  |

| NDB_No         | Description   | Weight (g) | Common Measure       | Content per<br>Measure |
|----------------|---|------------|----------------------|------------------------|
| 11143          | Celery, raw   | 40         | 1 stalk              | 0.128                  |
| 11143          | Celery, raw   | 120        | 1 cup                | 0.384                  |
| 08263          | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS  | 30         | 3/4 cup              | 5.001                  |
| 08262          | Cereals ready-to-eat, GENERAL MILLS, BASIC 4  | 55         | 1 cup                | 5.000                  |
| 08274          | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX  | 30         | 3/4 cup              | 5.001                  |
| 08013          | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS   | 30         | 1 cup                | 5.730                  |
| 08272          | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH  | 30         | 3/4 cup              | 7.148                  |
| 08271          | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS  | 30         | 1 cup                | 5.001                  |
| 08019          | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX  | 30         | 1 cup                | 5.001                  |
| 08035          | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS   | 30         | 3/4 cup              | 5.001                  |
| 08045          | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS   | 30         | 1 cup                | 5.358                  |
| 08057          | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX   | 30         | 3/4 cup              | 5.001                  |
| 08243          | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS   | 55         | 1 cup                | 5.000                  |
| 08048          | Cereals ready-to-eat, GENERAL MILLS, KIX  | 30         | 1-1/3 cup            | 7.275                  |
| 08050          | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS   | 30         | 1 cup                | 6.690                  |
| 08261          | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN  | 55         | 1 cup                | 5.000                  |
| 08194          | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS  | 30         | 3/4 cup              | 5.001                  |
| 08064          | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX  | 31         | 1-1/4 cup            | 5.741                  |
| 08246          | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes  | 30         | 1-1/3 cup            | 20.010                 |
| 08247          | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran  | 55         | 1 cup                | 19.998                 |
| 08078          | Cereals ready-to-eat, GENERAL MILLS, TRIX   | 30         | 1 cup                | 4.688                  |
| 08082          | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX   | 30         | 1 cup                | 3.000                  |
| 08089          | Cereals ready-to-eat, GENERAL MILLS, WHEATIES   | 30         | 1 cup                | 9.999                  |
| 08026          | Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran   | 55         | cup (1 NLEA serving) | 10.010                 |
| 08077          | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL  | 30         | 3/4 cup              | 20.001                 |
| 08001          | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original  | 30         | 1/2 cup              | 4.440                  |
| 08003          | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS  | 30         | 1 cup                | 8.108                  |
| 08014          | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES   | 31         | 3/4 cup              | 4.960                  |
| 08028          | Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes  | 29         | 3/4 cup              | 20.010                 |
| 08020          | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes  | 28         | 1 cup                | 6.832                  |
| 08068          | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS  | 31         | 1 cup                | 4.836                  |
| 08259          | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX  | 29         | 1 cup                | 5.336                  |
| 08030<br>08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED | 30<br>31   | 1 cup<br>3/4 cup     | 5.160<br>8.293         |
| 08319          | FLAKES Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size                        | 55         | 1 cup                | 5.390                  |
| 08071          | Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS   | 27         | 3/4 cup              | 4.995                  |
| 08058          | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19   | 30         | 1 cup                | 20.010                 |
| 08060          | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN  | 61         | 1 cup                | 8.937                  |
| 08065          | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES  | 33         | 1-1/4 cup            | 7.037                  |
| 08288          | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                                  | 30         | 3/4 cup              | 5.100                  |
| 08067          | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K  | 31         | 1 cup                | 7.130                  |
| 08031          | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original   | 51         | 1 cup                | 5.100                  |

| NDB_N | No Description   | Weight (g) | Common Measure             | Content per<br>Measure |
|-------|--|------------|----------------------------|------------------------|
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH   | 27         | 3/4 cup                    | 5.746                  |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES  | 26         | 3/4 cup                    | 5.548                  |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH  | 27         | 3/4 cup                    | 5.497                  |
| 08220 | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins  | 50         | 1/2 cup                    | 1.050                  |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins                                       | 51         | 1/2 cup                    | 1.010                  |
| 08210 | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE   | 32         | 3/4 cup                    | 5.859                  |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain   | 32         | 3/4 cup                    | 5.619                  |
| 08219 | Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut   | 49         | 1 cup                      | 8.987                  |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified  | 14         | 1 cup                      | 4.942                  |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain   | 7.119      | 1 tbsp                     | 0.398                  |
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified   | 12         | 1 cup                      | 4.236                  |
| 08147 | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free  | 46         | 2 biscuits                 | 2.413                  |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt                                     | 242        | 1 cup                      | 1.934                  |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                                    | 242        | 1 cup                      | 1.844                  |
| 08109 | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water   | 142        | 1 packet                   | 4.970                  |
| 08103 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt  | 251        | 1 cup                      | 1.305                  |
| 08105 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt    | 239        | 1 cup                      | 3.568                  |
| 08511 | Cereals, Malt-o-Meal, plain, prepared with water, without salt   | 268        | 1serving (3 T dry cereal p | 7.574                  |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)                            | 177        | 1 packet                   | 5.354                  |
| 08121 | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt | 234        | 1 cup                      | 0.527                  |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt                      | 137        | 1 packet                   | 2.291                  |
| 08125 | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water   | 149        | 1 packet                   | 4.066                  |
| 08131 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water   | 155        | 1 packet                   | 4.011                  |
| 08143 | Cereals, WHEATENA, cooked with water   | 243        | 1 cup                      | 1.337                  |
| 01046 | Cheese food, pasteurized process, american, without di sodium phosphate  | 28.35      | 1 oz                       | 0.048                  |
| 01164 | Cheese sauce, prepared from recipe   | 243        | 1 cup                      | 0.496                  |
| 01048 | Cheese spread, pasteurized process, american, without di sodium phosphate  | 28.35      | 1 oz                       | 0.037                  |
| 01004 | Cheese, blue   | 28.35      | 1 oz                       | 0.288                  |
| 01007 | Cheese, camembert  | 38         | 1 wedge                    | 0.239                  |
| 01009 | Cheese, cheddar  | 28.35      | 1 oz                       | 0.023                  |
| 01012 | Cheese, cottage, creamed, large or small curd  | 210        | 1 cup                      | 0.208                  |
| 01013 | Cheese, cottage, creamed, with fruit   | 226        | 1 cup                      | 0.339                  |
| 01016 | Cheese, cottage, lowfat, 1% milkfat  | 226        | 1 cup                      | 0.289                  |
| 01015 | Cheese, cottage, lowfat, 2% milkfat  | 226        | 1 cup                      | 0.244                  |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd   | 145        | 1 cup                      | 0.209                  |
| 01017 | Cheese, cream  | 14.5       | 1 tbsp                     | 0.021                  |
| 01186 | Cheese, cream, fat free  | 15.6       | 1 tbsp                     | 0.036                  |
| 01019 | Cheese, feta   | 28.35      | 1 oz                       | 0.281                  |

| NDB_No | Description   | Weight (g) | Common Measure  | Content per<br>Measure |
|--------|---|------------|-----------------|------------------------|
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz            | 0.014                  |
| 01029  | Cheese, mozzarella, part skim milk, low moisture  | 28.35      | 1 oz            | 0.034                  |
| 01026  | Cheese, mozzarella, whole milk  | 28.35      | 1 oz            | 0.029                  |
| 01030  | Cheese, muenster  | 28.35      | 1 oz            | 0.029                  |
| 01031  | Cheese, neufchatel  | 28.35      | 1 oz            | 0.060                  |
| 01032  | Cheese, parmesan, grated  | 5          | 1 tbsp          | 0.006                  |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate   | 28.35      | 1 oz            | 0.020                  |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate  | 28.35      | 1 oz            | 0.011                  |
| 01035  | Cheese, provolone   | 28.35      | 1 oz            | 0.044                  |
| 01037  | Cheese, ricotta, part skim milk   | 246        | 1 cup           | 0.192                  |
| 01036  | Cheese, ricotta, whole milk   | 246        | 1 cup           | 0.256                  |
| 01040  | Cheese, swiss   | 28.35      | 1 oz            | 0.026                  |
| 18147  | Cheesecake commercially prepared  | 80         | 1 piece         | 0.156                  |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup           | 0.432                  |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries     | 0.105                  |
| 22906  | Chicken pot pie, frozen entree, prepared  | 217        | 1 small pie     | 4.839                  |
| 07017  | Chicken roll, light meat  | 56.7       | 2 slices        | 4.587                  |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter                                       | 140        | 1/2 breast      | 14.732                 |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour  | 98         | 1/2 breast      | 13.467                 |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted   | 86         | 1/2 breast      | 11.792                 |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried  | 84         | 3 oz            | 5.939                  |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter                                    | 72         | 1 drumstick     | 3.669                  |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour                                     | 49         | 1 drumstick     | 2.958                  |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted  | 44         | 1 drumstick     | 2.673                  |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered  | 145        | 1 cup           | 9.606                  |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried   | 84         | 3 oz            | 11.227                 |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered  | 18         | 1 neck          | 0.712                  |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter  | 86         | 1 thigh         | 4.915                  |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted  | 52         | 1 thigh         | 3.393                  |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter   | 49         | 1 wing          | 2.580                  |
| 05277  | Chicken, canned, meat only, with broth  | 142        | 5 oz            | 8.987                  |
| 05028  | Chicken, liver, all classes, cooked, simmered   | 19.6       | 1 liver         | 2.165                  |
| 05126  | Chicken, stewing, meat only, cooked, stewed   | 140        | 1 cup           | 8.971                  |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned   | 240        | 1 cup           | 0.331                  |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt                             | 164        | 1 cup           | 0.863                  |
| 22904  | Chili con carne with beans, canned entree   | 222        | 1 cup           | 2.156                  |
| 11156  | Chives, raw   | 3          | 1 tbsp          | 0.019                  |
| 14181  | Chocolate syrup   | 18.75      | 1 tbsp          | 0.060                  |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients   | 21.6       | 2-3 heaping tsp | 0.110                  |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk   | 266        | 1 cup           | 0.378                  |
| 14196  | Cocoa mix, no sugar added, powder   | 15         | 1/2 oz envelope | 0.163                  |

| 14194  | NDB_No | Description  | Weight (g) | Common Measure | Content per<br>Measure |
|--|--------|--|------------|----------------|------------------------|
| 14390  | 14192  | Cocoa mix, powder  | 28.35      | 3 heaping tsp  | 0.166                  |
| 19166   Cocos, dry powder, unsweetened   5.4   1 tbsp  | 14194  | Cocoa mix, powder, prepared with water                           | 206        | 1 serving      | 0.167                  |
| 14209   Coffee, brewed from grounds, prepared with tap water   178   | 14390  | Cocoa mix, with aspartame, powder, prepared with water           | 192        | 1 serving      | 0.163                  |
| 14210   Coffee, brewed, espresso, restaurant-prepared   60   2 fl oz     14215   Coffee, instant, regular, prepared with water   179   61 fl oz     14215   Coffee, instant, regular, prepared with water   179   61 fl oz     11159   Coleslaw, home-prepared   120   1 cup     11162   Collards, cooked, boiled, drained, without salt   190   1 cup     11164   Collards, frozen, chopped, cooked, boiled, drained, without salt   170   1 cup     11165   Cookes, brownies, commercially prepared   56   1 brownie     18151   Cookes, brownies, dry mix, special dietary, prepared   22   1 brownie     18155   Cookes, brownies, dry mix, special dietary, prepared   22   1 brownie     18155   Cookes, chocolate chip, commercially prepared, regular, higher   10   1 cookie     18158   Cookes, chocolate chip, commercially prepared, regular, lower   10   1 cookie     18158   Cookes, chocolate chip, commercially prepared, regular, lower   10   1 cookie     18165   Cookes, chocolate chip, prepared from recipe, made with   16   1 cookie     18166   Cookes, chocolate sandwich, with creme filling, regular   10   1 cookie     18170   Cookes, graham crackers, plain or honey (includes cinnamon)   14   2 squares     18171   Cookes, graham crackers, plain or honey (includes cinnamon)   14   2 squares     18172   Cookies, graham crackers, plain or honey (includes cinnamon)   14   2 squares     18173   Cookies, graham crackers, plain or honey (includes cinnamon)   14   2 squares     18174   Cookies, documentically prepared, fet-free   11   1 cookie     18175   Cookies, oatmeal, commercially prepared, regular   15   1 cookie     18186   Cookies, oatmeal, commercially prepared, regular   15   1 cookie     18187   Cookies, oatmeal, commercially prepared, regular   15   1 cookie     18188   Cookies, pannut butter, commercially prepared, regular   15   1 cookie     18189   Cookies, pannut butter, prepared from recipe   20   1 cookie     181810   Cookies, sugar, prepared from recipe, made with margarine   14   1 cookie     18180   Cookies, sugar, prepare   | 19165  | Cocoa, dry powder, unsweetened                                   | 5.4        | 1 tbsp         | 0.118                  |
| 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 1 piece   prepared   pre | 14209  | Coffee, brewed from grounds, prepared with tap water             | 178        | 6 fl oz        | 0.340                  |
| Propended   Prop   | 14210  | Coffee, brewed, espresso, restaurant-prepared                    | 60         | 2 fl oz        | 3.124                  |
| prepared, enriched 11169 Coleslaw, home-prepared 11162 Collards, cooked, boiled, drained, without salt 11164 Collards, fozen, chopped, cooked, boiled, drained, without salt 11164 Collards, fozen, chopped, cooked, boiled, drained, without salt 1170 1 cup 11164 Collards, fozen, chopped, cooked, boiled, drained, without salt 1170 1 cup 11164 Collards, fozen, chopped, cooked, boiled, drained, without salt 1170 1 cookies, brownies, dry mix, special dietary, prepared 118155 Cookies, brownies, dry mix, special dietary, prepared 118155 Cookies, chocolate chip, commercially prepared, regular, higher late, enriched 118158 Cookies, chocolate chip, commercially prepared, regular, higher late, enriched 118158 Cookies, chocolate chip, prepared from recipe, made with 118156 Cookies, chocolate chip, prepared from recipe, made with 118157 Cookies, chocolate chip, refrigerated dough, baked 118158 Cookies, chocolate chip, refrigerated dough, baked 118169 Cookies, fig bars 118170 Cookies, fig bars 118171 Cookies, fig bars 118173 Cookies, graham crackers, plain or honey (includes cinnamon) 118174 Cookies, graham crackers, plain or honey (includes cinnamon) 118175 Cookies, graham crackers, plain or honey (includes cinnamon) 118176 Cookies, graham crackers, plain or honey (includes cinnamon) 118177 Cookies, mollasses 118177 Cookies, mollasses 118178 Cookies, oatmeal, commercially prepared, fat-free 1111 1 cookie 118179 Cookies, oatmeal, commercially prepared, fegular 118180 Cookies, oatmeal, commercially prepared, fegular 118191 Cookies, peanut butter, prepared from recipe, with raisins 118191 Cookies, peanut butter, prepared from recipe, with raisins 118191 Cookies, peanut butter, prepared from recipe, with raisins 118191 Cookies, shortbread, commercially prepared, regular 118191 Cookies, shortbread, commercially prepared, pean 118200 Cookies, sugar, refrigerated from recipe, with raisins 118210 Cookies, shortbread, commercially prepared, regular (includes varially) 118210 Cookies, vanilla sandwich with creme filling 118210 Cookies, | 14215  | Coffee, instant, regular, prepared with water                    | 179        | 6 fl oz        | 0.422                  |
| 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 118157 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 118158 Cookies, chorolate chip, commercially prepared, regular, higher 10 1 cookie 118158 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 118158 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 118158 Cookies, chocolate chip, prepared from recipe, made with 16 1 cookie 118165 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 118166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 118167 Cookies, fig bars 16 1 cookie 118170 Cookies, fig bars 16 1 cookie 118173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cup 118174 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 118175 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 118176 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cookie, medium 118177 Cookies, onalesses 32 1 cookie, large (3-1/2" to 1 cookie, onalesses 32 1 cookie, large (3-1/2" to 1 cookie, onalesses 32 1 cookie, large (3-1/2" to 1 cookie, oatmeal, commercially prepared, regular 25 1 cookie 118178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 118179 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 118180 Cookies, peanut butter, prepared from recipe, with raisins 15 1 cookie 118181 Cookies, peanut butter, prepared from recipe, with raisins 15 1 cookie 118191 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 118192 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 11820 Cookies, sugar, refigerated foungh, baked 15 1 cookie 118210 Cookies, sugar, commercially prepared, regular (includes varially prepared, regular (includes varially prepared, regular pack 26 1 cup 118210 Cookies, vanilla sandwic | 18104  | prepared, enriched   | 63         | 1 piece        | 1.057                  |
| 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie 18156 Cookies, brownies, commercially prepared 22 1 brownie 18156 Cookies, butter, commercially prepared, enriched 5 1 cookie 18159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched 10 1 cookie 18158 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched 10 1 cookie 18165 Cookies, chocolate chip, prepared from recipe, made with margarine 10 1 cookie 18166 Cookies, chocolate chip, prepared from recipe, made with margarine 10 1 cookie 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18167 Cookies, foncolate sandwich, with creme filling, regular 10 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 15 1 cookie, medium 18177 Cookies, molasses 15 1 cookie, alrage (3-1/2" to 18177 Cookies, oatmeal, commercially prepared, feultar 25 1 cookie, large (3-1/2" to 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18187 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18189 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18189 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 18189 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18189 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18189 Cookies, peanut butter, commercially prepared, pean 14 1 cookie 18190 Cookies, sugar, refrigerated dough, baked 15 1 cookie 1820 Cookies, sugar, repared from recipe, made with margarine 14 1 cookie 1820 Cookies, sugar, reprepared from recipe, made with margarine 14 1 cookie 1820 Cookies, sugar, reprepared from recipe, made with margarine 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 16 1 cookie 18210 Cookies, vanilla sandwich with creme filling 17 1 c | 11159  | Coleslaw, home-prepared  | 120        | 1 cup          | 0.326                  |
| 18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 18155 Cookies, chrownies, dry mix, special dietary, prepared 5 1 cookie 18169 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched 18168 Cookies, chocolate chip, commercially prepared, regular, lower 10 1 cookie 18165 Cookies, chocolate chip, prepared from recipe, made with margarine 18164 Cookies, chocolate chip, prepared from recipe, made with margarine 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 18170 Cookies, fig bars 16 1 cookie 18171 Cookies, fig bars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18174 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18175 Cookies, molasses 15 1 cookie, medium 18176 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 15 1 cookie, angles (3-1/2* to Cookies, calmeal, commercially prepared, regular 25 1 cookie, large (3-1/2* to Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18185 Cookies, oatmeal, prepared from recipe 15 1 cookie 18186 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18190 Cookies, peanut butter, prepared from recipe 20 1 cookie 18191 Cookies, peanut butter, prepared from recipe 20 1 cookie 18204 Cookies, sugar, perpared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18206 Cookies, vanilla sandwich with creme filling 10 1 cookie 18207 Cookies, vanilla sandwich with creme filling 10 1 cookie 18208 Cookies, vanilla sandwich with creme filling 10 1 cookie 18207 Cookies, vanilla sandwich with creme filling 10 1 cookie 18208 Cookies, vanilla sandwich with creme filling 10 1 cookie 18209 Cookies, vanilla sandwich with creme | 11162  | Collards, cooked, boiled, drained, without salt                  | 190        | 1 cup          | 1.093                  |
| 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 18155 Cookies, butter, commercially prepared, enriched 5 1 cookie 18159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched fat | 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170        | 1 cup          | 1.080                  |
| 18155 Cookies, butter, commercially prepared, enriched 5 1 cookie 18169 Cookies, chocolate chip, commercially prepared, regular, higher fat enriched Cookies, chocolate chip, commercially prepared, regular, lower fat cookies, chocolate chip, prepared from recipe, made with margarine 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 15 1 cookie, medium 18178 Cookies, molasses 15 1 cookie 18186 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 181879 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 181879 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18188 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18189 Cookies, oatmeal, commercially prepared, regular 15 1 cookie 18189 Cookies, oatmeal prepared from recipe 20 1 cookie 18189 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, commercially prepared, regular 16 1 cookie 18193 Cookies, shortbread, commercially prepared, pean 14 1 cookie 18193 Cookies, shortbread, commercially prepared, pean 14 1 cookie 18204 Cookies, shortbread, commercially prepared, pean 14 1 cookie 18204 Cookies, shortbread, commercially prepared, pean 14 1 cookie 18206 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18210 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 17 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 coo | 18151  | Cookies, brownies, commercially prepared                         | 56         | 1 brownie      | 0.964                  |
| R159 Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched R18158 Cookies, chocolate chip, commercially prepared, regular, lower fat R18165 Cookies, chocolate chip, prepared from recipe, made with margarine R18166 Cookies, chocolate chip, refrigerated dough, baked R18170 Cookies, chocolate sandwich, with creme filling, regular R18171 Cookies, fig bars R18173 Cookies, graham crackers, plain or honey (includes cinnamon) R18173 Cookies, graham crackers, plain or honey (includes cinnamon) R18174 Cookies, graham crackers, plain or honey (includes cinnamon) R18175 Cookies, molasses R18176 Cookies, molasses R18177 Cookies, molasses R18177 Cookies, molasses R18177 Cookies, molasses R18178 Cookies, oatmeal, commercially prepared, fat-free R1818 Cookies, oatmeal, commercially prepared, regular R1818 Cookies, oatmeal, commercially prepared, soft-type R1818 Cookies, oatmeal, commercially prepared, regular R1818 Cookies, oatmeal, commercially prepared, regular R1818 Cookies, oatmeal, commercially prepared, regular R1818 Cookies, peanut butter, commercially prepared, regular R1818 Cookies, peanut butter, commercially prepared, regular R1818 Cookies, peanut butter, commercially prepared, peaular R1819 Cookies, shortbread, commercially prepared, peaular R1819 Cookies, shortbread, commercially prepared, peaular R1819 Cookies, shortbread, commercially prepared, plain R1810 Cookies, shortbread, commercially prepared, plain R1810 Cookies, sugar, refrigerated dough, baked R1820 Cookies, sugar, refrigerated dough, baked R18210 Cookies, sugar, refrigerated dough, baked R18210 Cookies, sugar, refrigerated dough, baked R18210 Cookies, vanilla sandwich with creme filling R1921 Cookies, vanilla sandwich with creme filling R1931 Cookies, vanilla sandwich with creme filling R1941 Cookies, vanilla sandwich with creme filling R1951 Cookies, vanilla sandwich with creme | 18197  | Cookies, brownies, dry mix, special dietary, prepared            | 22         | 1 brownie      | 0.220                  |
| fat, enriched  Cookies, chocolate chip, commercially prepared, regular, lower fat lates cookies, chocolate chip, prepared from recipe, made with margarine lates cookies, chocolate chip, refrigerated dough, baked 26 1 cookie lates cookies, chocolate sandwich, with creme filling, regular 10 1 cookie cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares cookies, molasses 15 1 cookie, medium lates cookies, molasses 32 1 cookies, medium cookies, oatmeal, commercially prepared, fat-free 11 1 cookie cookies, oatmeal, commercially prepared, soft-type 15 1 cookie lates cookies, oatmeal, commercially prepared, soft-type 15 1 cookie cookies, oatmeal, commercially prepared, soft-type 15 1 cookie lates cookies, peanut butter, commercially prepared, regular 25 1 cookie cookies, peanut butter, commercially prepared, regular 15 1 cookie lates cookies, peanut butter, commercially prepared, pean 14 1 cookie cookies, oatmeal, commercially prepared, pean 14 1 cookie cookies, shortbread, commercially prepared, pean 14 1 cookie cookies, sugar, refrigerated dough, baked 15 1 cookie cookies, sugar, refrigerated dough, baked 15 1 cookie cookies, sugar, refrigerated dough, baked 15 1 cookie cookies, vanilla sandwich with creme filling 15 1 cookie cookies, vanilla sandwich with creme filling 10 1 cookie cookies, vanilla sandwich with creme filling 10 1 cookie cookies, vanilla wafers, lower fat 4 1 cookie cookies, vanilla cooki | 18155  | Cookies, butter, commercially prepared, enriched                 | 5          | 1 cookie       | 0.160                  |
| fat Cookies, chocolate chip, prepared from recipe, made with margarine Cookies, chocolate chip, refrigerated dough, baked Cookies, chocolate chip, refrigerated dough, baked Cookies, chocolate sandwich, with creme filling, regular Cookies, fig bars 16 1 cookie 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 18174 Cookies, molasses 18175 Cookies, molasses 18176 Cookies, molasses 18176 Cookies, molasses 18177 Cookies, molasses 18177 Cookies, molasses 18178 Cookies, oatmeal, commercially prepared, fat-free 111 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 18179 Cookies, oatmeal, commercially prepared, regular 18180 Cookies, oatmeal, prepared from recipe, with raisins 181815 Cookies, peanut butter, commercially prepared, regular 181818 Cookies, peanut butter, commercially prepared, pecan 181819 Cookies, shortbread, commercially prepared, pecan 181819 Cookies, shortbread, commercially prepared, pecan 181810 Cookies, shortbread, commercially prepared, pecan 181810 Cookies, shortbread, commercially prepared, pelain 181810 Cookies, sugar, commercially prepared, pelain 18182 Cookies, sugar, commercially prepared, regular (includes 181820 Cookies, sugar, prepared from recipe 18204 Cookies, sugar, prepared from recipe, made with margarine 18206 Cookies, sugar, prepared from recipe, made with margarine 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18211 Cookies, vanilla sandwich with creme filling 16 1 cookie 18212 Cookies, vanilla sandwich with creme filling 17 1 ear 18210 Cookies, vanilla sandwich with creme filling 18210 Cookies, vanilla sandwich with creme filling 19 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 18214 Cookies, vanilla sandwich with creme filling 10 1 cookie 18215 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vani | 18159  |  | 10         | 1 cookie       | 0.192                  |
| margarine Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie R166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie R170 Cookies, fig bars 16 1 cookie R18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup R18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares R18177 Cookies, molasses 15 1 cookie, medium R18177 Cookies, molasses 32 1 cookie, large (3-1/2" to R18178 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie R18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie R18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie R18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie R18185 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie R18186 Cookies, peanut butter, commercially prepared, regular 15 1 cookie R18187 Cookies, peanut butter, prepared from recipe 20 1 cookie R18189 Cookies, peanut butter, prepared from recipe 20 1 cookie R18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie R18192 Cookies, shortbread, commercially prepared, pecan 14 1 cookie R18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie R18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie R18206 Cookies, sugar, prepared from recipe, made with margarine 15 1 cookie R18210 Cookies, vanilla sandwich with creme filling 15 1 cookie R18210 Cookies, vanilla sandwich with creme filling 15 1 cookie R18211 Cookies, vanilla sandwich with creme filling 15 1 cookie R18212 Cookies, vanilla sandwich with creme filling 17 1 cookie R18214 Corn, sweet, wille, cooked, boiled, drained, without salt 77 1 ear R18215 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup R18216 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear R18217 Corn, sweet, yellow, conede, boiled, drained, without salt 77 1 ear   |        | fat  |            |                | 0.277                  |
| 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18170 Cookies, fig bars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18180 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18180 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18180 Cookies, peanut butter, prepared from recipe 20 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18189 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, plain 15 1 cookie 18206 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 1176 Corn, sweet, yellow, canned, ream style, regular pack 256 1 cup 1176 Corn, sweet, yellow, canned, ream style, regular pack 256 1 cup 1176 Corn, sweet, yellow, canned, ream style, regular pack 256 1 cup 1176 Corn, sweet, yellow, canned, ream style, regular pack 250 1 corn, sweet, yellow, canned, ream style, regular pack 250 1 corn, sweet, yellow, canned, recam style, regular pack 250 1 corn, sweet, yellow, canned, recam style, regu |        | margarine  |            |                | 0.218                  |
| 18170 Cookies, fig bars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, graph 18178 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pean 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat 4 1 cookie 18210 Cookies, vanilla wafers, lower fat 77 1 ear 11774 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 1 cup 1176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11779 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 1179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11111 Corn, sweet, yellow, cooked, boiled, drained, without salt 11111 Corn, sweet, yellow, cooked, boiled, drained, without salt 11111 Corn, sweet, yellow, cooked, boiled, drained, w |        | , -  |            |                | 0.514                  |
| 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 181879 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18190 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18191 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18205 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 18215 Cookies, vanilla sandwich with creme filling 10 1 cookie 18216 Cookies, vanilla sandwich with creme filling 10 1 cookie 18217 Corn, sweet, wellow, canned, cream style, regular pack 256 1 cup 18218 Corn, sweet, yellow, canned, vacuum pack, regular pack 256 1 cup 18216 Corn, sweet, yellow, cooked, boiled, drained, without salt 1 co |        |  |            |                | 0.219                  |
| 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2* to 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 181814 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18182 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18183 Cookies, peanut butter, prepared from recipe 20 1 cookie 18189 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18205 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18211 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich bith creme filling 10 1 cookie 18214 Corn, sweet, wilte, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 10 corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 10 corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 10 corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11 corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11 corn, sweet, yellow, frozen, k |        |  |            |                | 0.300                  |
| 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18205 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 16 Cookies, vanilla wafers, lower fat 17 1 ear 11174 Corn, sweet, wellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 270 view, fooded, boiled, drained, without salt 271 1 corn, sweet, yellow, cooked, boiled, drained, without salt 272 Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt 273 1 cup 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 274 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 275 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 276 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 277 1 ear   |        |  |            | •              | 3.462                  |
| 18177 Cookies, molasses  18456 Cookies, oatmeal, commercially prepared, fat-free  11 1 1 cookie  18178 Cookies, oatmeal, commercially prepared, regular  25 1 cookie  18179 Cookies, oatmeal, commercially prepared, regular  25 1 cookie  1818179 Cookies, oatmeal, commercially prepared, soft-type  15 1 cookie  18184 Cookies, oatmeal, prepared from recipe, with raisins  15 1 cookie  18185 Cookies, peanut butter, commercially prepared, regular  15 1 cookie  18189 Cookies, peanut butter, prepared from recipe  20 1 cookie  18191 Cookies, shortbread, commercially prepared, pecan  14 1 cookie  18192 Cookies, shortbread, commercially prepared, plain  18204 Cookies, sugar, commercially prepared, regular (includes vanilla)  18205 Cookies, sugar, prepared from recipe, made with margarine  14 1 cookie  18206 Cookies, sugar, refrigerated dough, baked  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  10 1 cookie  18212 Cookies, vanilla wafers, lower fat  4 1 cookie  18212 Cookies, vanilla wafers, lower fat  4 1 cookie  18214 Corn, sweet, white, cooked, boiled, drained, without salt  77 1 ear  11174 Corn, sweet, yellow, canned, cream style, regular pack  256 1 cup  11176 Corn, sweet, yellow, cooked, boiled, drained, without salt  77 1 ear  11179 Corn, sweet, yellow, cooked, boiled, drained, without salt  77 1 ear   |        | ,                          |            | ·              | 0.577                  |
| 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 1 cookie 18206 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 1901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, fozen, kernels out off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, fozen, kernels out off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 164 1 cup   |        | ·  |            | ·              | 0.455                  |
| 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18205 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18214 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, doiled, drained, without salt 77 1 cup  |        | ·  |            | ,              | 0.970                  |
| 18179 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 1 cookie 18206 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 1901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11168 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 cup 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 1 cup 11181  |        |  |            |                | 0.131                  |
| 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18101 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, conked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 ear  |        | 7  |            |                | 0.557                  |
| 18185 Cookies, peanut butter, commercially prepared, regular 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18208 Cookies, sugar, prepared from recipe, made with margarine 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 18212 Cookies, vanilla wafers, lower fat 18214 Corn, sweet, white, cooked, boiled, drained, without salt 18215 Corn, sweet, white, cooked, boiled, drained, without salt 18216 Corn, sweet, white, cooked, boiled, drained, without salt 18217 Corn, sweet, yellow, canned, vacuum pack, regular pack 18218 Corn, sweet, yellow, canned, vacuum pack, regular pack 18219 Corn, sweet, yellow, cooked, boiled, drained, without salt 18210 Corn, sweet, yellow, cooked, boiled, drained, without salt 18211 Corn, sweet, yellow, cooked, boiled, drained, without salt 18210 Corn, sweet, yellow, cooked, boiled, drained, without salt 18210 Corn, sweet, yellow, cooked, boiled, drained, without salt 18210 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, dianed, without salt 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, dianed, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, lie4 18210 |        | 2.7  |            |                | 0.273                  |
| 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18101 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, mithout salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 77 1 cup 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear   |        | Cookies, oatmeal, prepared from recipe, with raisins             | 15         |                | 0.189                  |
| 18193 Cookies, shortbread, commercially prepared, pecan 18192 Cookies, shortbread, commercially prepared, plain 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18208 Cookies, sugar, prepared from recipe, made with margarine 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 11901 Corn, sweet, white, cooked, boiled, drained, without salt 1174 Corn, sweet, yellow, canned, cream style, regular pack 1176 Corn, sweet, yellow, canned, vacuum pack, regular pack 1177 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt 1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, dained, without salt  | 18185  | Cookies, peanut butter, commercially prepared, regular           | 15         | 1 cookie       | 0.641                  |
| 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, mithout salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 1 corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear   |        |  |            | 1 cookie       | 0.703                  |
| 18204 Cookies, sugar, commercially prepared, regular (includes vanilla)  18208 Cookies, sugar, prepared from recipe, made with margarine  18206 Cookies, sugar, refrigerated dough, baked  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  10 1 cookie  18212 Cookies, vanilla wafers, lower fat  1 cookie  18212 Corn, sweet, white, cooked, boiled, drained, without salt  177 1 ear  11174 Corn, sweet, yellow, canned, cream style, regular pack  1176 Corn, sweet, yellow, canned, vacuum pack, regular pack  1177 1 ear  11180 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt  1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,  15 1 cookie  164 1 cookie  1  | 18193  | Cookies, shortbread, commercially prepared, pecan                | 14         | 1 cookie       | 0.347                  |
| vanilla)  18208 Cookies, sugar, prepared from recipe, made with margarine  18206 Cookies, sugar, refrigerated dough, baked  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  15 1 cookie  18210 Cookies, vanilla sandwich with creme filling  10 1 cookie  18212 Cookies, vanilla wafers, lower fat  4 1 cookie  11901 Corn, sweet, white, cooked, boiled, drained, without salt  77 1 ear  11174 Corn, sweet, yellow, canned, cream style, regular pack  110 1 cup  11176 Corn, sweet, yellow, canned, vacuum pack, regular pack  110 1 cup  11168 Corn, sweet, yellow, cooked, boiled, drained, without salt  77 1 ear  11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt  1181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,  164 1 cup  | 18192  | Cookies, shortbread, commercially prepared, plain                | 8          | 1 cookie       | 0.267                  |
| 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 164 1 cup 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, darained, 63 1 ear   |        | vanilla)   |            |                | 0.404                  |
| 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18212 Corn, sweet, white, cooked, boiled, drained, without salt 11901 Corn, sweet, yellow, canned, cream style, regular pack 11174 Corn, sweet, yellow, canned, vacuum pack, regular pack 11176 Corn, sweet, yellow, cooked, boiled, drained, without salt 11179 Corn, sweet, yellow, cooked, boiled, drained, without salt 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 15 1 cookie 1 car   |        |  |            |                | 0.342                  |
| 18210 Cookies, vanilla sandwich with creme filling  10 1 cookie  18212 Cookies, vanilla wafers, lower fat  4 1 cookie  11901 Corn, sweet, white, cooked, boiled, drained, without salt  77 1 ear  11174 Corn, sweet, yellow, canned, cream style, regular pack  11176 Corn, sweet, yellow, canned, vacuum pack, regular pack  11168 Corn, sweet, yellow, cooked, boiled, drained, without salt  77 1 ear  11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt  11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,  63 1 ear  |        |  |            |                | 0.362                  |
| 18212 Cookies, vanilla wafers, lower fat  1901 Corn, sweet, white, cooked, boiled, drained, without salt  77 1 ear  11174 Corn, sweet, yellow, canned, cream style, regular pack  11176 Corn, sweet, yellow, canned, vacuum pack, regular pack  11168 Corn, sweet, yellow, cooked, boiled, drained, without salt  77 1 ear  11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt  11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,  63 1 ear  |        |  |            |                | 0.404                  |
| 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear  11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup  11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup  11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear  11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 1 cup  without salt 1 corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear   |        | ·  |            |                | 0.269                  |
| 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, drained, without salt 1 cup 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear   |        |  | 4          | 1 cookie       | 0.124                  |
| 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 1 cup 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear   | 11901  | Corn, sweet, white, cooked, boiled, drained, without salt        | 77         | 1 ear          | 1.283                  |
| 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear  11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt 1 cup  11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear  | 11174  | Corn, sweet, yellow, canned, cream style, regular pack           | 256        | 1 cup          | 2.458                  |
| 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt  11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, 63 1 ear   |        |  |            | 1 cup          | 2.451                  |
| without salt  11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,  63 1 ear   |        |  | 77         | 1 ear          | 1.296                  |
|  |        | without salt   |            | ·              | 2.150                  |
|  | 11181  | drained, without salt  |            | 1 ear          | 0.956                  |
| 20022 Cornmeal, degermed, enriched, yellow 138 1 cup   | 20022  | Cornmeal, degermed, enriched, yellow                             | 138        | 1 cup          | 6.856                  |

| 20025         Commeal, whole-grain, yellow         138         1 cup         4.301           20027         Commeal, whole-grain, yellow         122         1 cup         4.301           20028         Couscous, coked         157         1 cup         6.338           20028         Couscous, coked         173         1 cup         6.038           11192         Cowpass (Blackeyes), immature seeds, rooked, boiled, relative without salt relative, whort salt relative, relati   | NDB_No | Description   | Weight (g) | Common Measure | Content per<br>Measure |
|--|--------|---|------------|----------------|------------------------|
| 20027         Constanch         8,084         1 tbsp         0,000           20028         Couscous, cooked         157         1 cup         1,638           20028         Couscous, cooked         173         1 cup         6,038           11192         Coopeas, Claskeeyes, Immature seeds, cooked, boiled, cooked, co   | 20025  | Cornmeal, self-rising, degermed, enriched, yellow             | 138        | 1 cup          | 6.301                  |
| 20029         Couscous, cocked         157         1 cup         1,543           20028         Couscous, dy         173         1 cup         6,383           11192         Coyease (Blackyes), immature seeds, cocked, boiled, drained, without salt         166         1 cup         2,315           11196         Coyease, (blackyes), immature seeds, frozen, cocked, boiled, drained, without salt         170         1 cup         9,850           16064         Coyease, common (blackeyes, crowder, southern), mature seeds, conted, plain         240         1 cup         0,851           18214         Crackers, cheese, earthwich-type with peanut butter filling seeds, conted, boiled, without salt         172         1 cup         0,851           18215         Crackers, cheese, earthwich-type with peanut butter filling seeds, conted, conted, plain         28.35         1 mator         0,467           18215         Crackers, cheese, earthwich-type with peanut butter filling         20         4 pieces         0,823           18226         Crackers, extender selled seeds, conted, plain         20         4 pieces         0,823           18226         Crackers, weders, plain         1         1 water         0,114           18228         Crackers, weders, plain         1         1 crackers         0,628           18229  | 20020  | Cornmeal, whole-grain, yellow                                 | 122        | 1 cup          | 4.431                  |
| 20028         Couscous, dry         173         1 cup         6.038           11192         Cowpease (Blackeyes), immature seeds, cooked, boiled, and control, without sait         155         1 cup         2.315           1196         Cowpease (Blackeyes), immature seeds, frozan, cooked, boiled, and control, without sait         170         1 cup   | 20027  | Cornstarch  | 8.064      | 1 tbsp         | 0.000                  |
| 111122         Corposas (Blackeyes), immature seeds, cooked, boiled, 170         1 cup         1.238           111966         Corposes (Blackeyes), immature seeds, frozen, cooked, boiled, 170         1 cup         1.238           18064         Cooppeas, Common (blackeyes, crowder, southern), mature         240         1 cup         0.850           18083         Cooppeas, common (blackeyes, crowder, southern), mature         172         1 cup         0.851           18214         Crackers, cheese, regular         1         1 cup         0.467           18215         Crackers, matzo, plain         20         4 piccos         0.823           18226         Crackers, matzo, plain         11 wafer         0.173           18226         Crackers, mela toast, plain         20         4 piccos         0.823           18226         Crackers, penile regular         1         1 wafer         0.174           18228         Crackers, satandard snack-type, sandwich, with cheese filling         7         1 sandwich         0.284           18239         Crackers, shandard snack-type, sandwich, with cheese filling         7         1 sandwich         0.284           18229         Crackers, shandard snack-type, sandwich, with cheese filling         7         1 sandwich         0.284           18229   | 20029  | Couscous, cooked  | 157        | 1 cup          | 1.543                  |
| Intended   Compare   Com | 20028  | Couscous, dry   | 173        | 1 cup          | 6.038                  |
|  | 11192  |   | 165        | 1 cup          | 2.315                  |
| 10683         Seeds, canned, plain         172         1 cup         0.85           18214         Crackers, cheese, regular         10         10 crackers         0.467           18215         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich         0.487           18217         Crackers, cheese, sandwich-type with peanut butter filling         20         4 pices         0.823           18220         Crackers, matzo, plain         11         1 wafer         0.823           18226         Crackers, pre, wafers, plain         11         1 wafer         0.623           18228         Crackers, saltines (includes cyster, soda, soup)         12         4 crackers         0.628           18229         Crackers, standard snack-type, regular         8         4 crackers         0.502           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.624           18232         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.624           18232         Crackers, substance, seedened         57         1 since         0.037           19242         Crackers, wheat, regular         2         1 since         0.052           10667  | 11196  | •                       | 170        | 1 cup          | 1.238                  |
| seeds, cooked, boiled, without salt           12214         Crackers, cheese, egular         10         10 crackers         0.467           18215         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich         0.408           18217         Crackers, melba toast, plain         20         4 pieces         0.823           18226         Crackers, melba toast, plain         11         1 water         0.774           18228         Crackers, sathines (includes oyster, soda, soup)         12         4 crackers         0.628           18229         Crackers, sathadard snack-type, regular         12         4 crackers         0.628           18230         Crackers, standard snack-type, gandwich, with cheese filling         7         1 sandwich         0.264           18232         Crackers, wheat, regular         8         4 crackers         0.741           18235         Crackers, wheat, regular         8         4 crackers         0.741           18235         Crackers, wheat, regular         5         8 floz         2 crackers         0.741           18235         Crackers, wheat, regular         5         8 floz         2 crackers         0.741           18235         Crackers, wheat, regular         5         1 tibe<   | 16064  |   | 240        | 1 cup          | 0.850                  |
| 18215         Crackers, cheese, andwich-type with peanut butter filling         7         1 sandwich         0.408           18217         Crackers, matzo, plain         28.36         1 matzo         1.103           18220         Crackers, melba toast, plain         20         4 precises         0.823           18226         Crackers, sellines (includes oyster, soda, soup)         12         4 crackers         0.528           18229         Crackers, standard snack-type, regular         12         4 crackers         0.502           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.264           18232         Crackers, whole-wheat         16         4 crackers         0.741           18232         Crackers, whole-wheat         253         8 floz         0.104           18232         Crackers, whole-wheat         253         8 floz         0.074           18242         Craberry juice coxtail, bottled         253         8 floz         0.075           10067         Craberry succe, canned, sweetened         57         1 slice         0.057           01068         Cram, fluid, half and half         15         1 tsp         0.000           01069         Cream, fluid, half and half   | 16063  |   |            | 1 cup          | 0.851                  |
| 18217         Crackers, matzo, plain         28.35         1 matzo         1.101           18220         Crackers, melba toast, plain         20         4 pieces         0.823           18226         Crackers, pelba toast, plain         11         1 wafer         0.174           18228         Crackers, standard snack-type, regular         12         4 crackers         0.502           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.264           18232         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.264           18232         Crackers, whole-wheat         16         4 crackers         0.397           18235         Crackers, whole-wheat         16         4 crackers         0.741           14242         Cranberry piuce cocktall, bottled         253         8 fl oz         0.104           09081         Cramberry sauce, canned, sweetened         75         1 slice         0.057           01067         Cream substitue, liquid, with hydrogenated vegetable oil and so protein         15         1 tsp         0.000           01069         Cream substitue, powdered         2         1 tsp         0.000           01050         Cream, flu   | 18214  | Crackers, cheese, regular                                     |            | 10 crackers    | 0.467                  |
| 18220         Crackers, melba bast, plain         20         4 pieces         0.823           18226         Crackers, pve, wafers, plain         11         1 wafer         0.174           18228         Crackers, saltines (includes oyster, soda, soup)         12         4 crackers         0.628           18229         Crackers, standard snack-type, regular         12         4 crackers         0.502           18232         Crackers, wheat, regular         8         4 crackers         0.741           18232         Crackers, wheat, regular         16         4 crackers         0.741           18232         Crackers, wheat, regular         16         4 crackers         0.741           14242         Cranberry juice cocktail, bottled         253         8 ft oz         0.104           09081         Cranbrery sauce, canned, sweetened         57         1 slice         0.057           01067         Cream substitute, juid, with hydrogenated vegetable oil and sport protein         15         1 tsp         0.005           01069         Cream substitute, juid, with hydrogenated vegetable oil and sport protein         15         1 tsp         0.006           01069         Cream substitute, juid, light (brife ceram or table ream)         15         1 tsp         0.006   | 18215  | Crackers, cheese, sandwich-type with peanut butter filling    | 7          | 1 sandwich     | 0.408                  |
| 18226         Crackers, rye, wafers, plain         11         1 wafer         0.174           18228         Crackers, sallines (includes oyster, soda, soup)         12         4 crackers         0.628           18229         Crackers, standard snack-type, regular         12         4 crackers         0.502           18230         Crackers, wheat, regular         8         4 crackers         0.397           18232         Crackers, whole-wheat         16         4 crackers         0.741           18232         Crackers, whole-wheat         25         8 lice         0.741           18242         Crackers, whole-wheat         2         1 slice         0.057           01063         Cramsubstitute, loutled         25         1 ltsp         0.000           01069         Cream substitute, powdered         2         1 tsp         0.000           01053         Cream, fluid, half and half         15         1 tsp         0.002           01053 </td <td>18217</td> <td>Crackers, matzo, plain</td> <td>28.35</td> <td>1 matzo</td> <td>1.103</td>   | 18217  | Crackers, matzo, plain  | 28.35      | 1 matzo        | 1.103                  |
| 18228         Crackers, sithines (includes oyster, soda, soup)         12         4 crackers         0.628           18229         Crackers, standard snack-type, regular         12         4 crackers         0.502           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.264           18232         Crackers, whote-, regular         8         4 crackers         0.397           18235         Crackers, whote-, wheat         16         4 crackers         0.741           14242         Cranberry pice cocktail, bottled         253         8 fl oz         0.007           10067         Crasmery pice cocktail, bottled         57         1 slice         0.007           10070         Cracmery sauce, canned, sweetened         15         1 tbsp         0.000           10060         Cracmery sauce, canned, sweetened         15         1 tbsp         0.000           10060         Cream, suit, build, hild, with hydrogenated vegetable oil and         15         1 tbsp         0.000           10069         Cream, suit, light, half and half         15         1 tbsp         0.012           10169         Cream, fluid, light (will pight whipping         15         1 tbsp         0.006           1052 <td< td=""><td>18220</td><td>Crackers, melba toast, plain</td><td>20</td><td>4 pieces</td><td>0.823</td></td<>  | 18220  | Crackers, melba toast, plain                                  | 20         | 4 pieces       | 0.823                  |
| 18229         Crackers, standard snack-type, regular         12         4 crackers         0.504           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.264           18232         Crackers, wheat, regular         8         4 crackers         0.397           18235         Crackers, whole-wheat         16         4 crackers         0.741           14242         Cranberry juice cocktail, bottled         253         8 fl oz         0.104           09081         Cranberry sauce, canned, sweetened         57         1 slice         0.057           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp         0.000           01069         Cream substitute, powdered         2         1 tbsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.006           01050         Cream, fluid, light (roffee cream or table cream)         15         1 tbsp         0.006           01050         Cream, fluid, light whipping         15         1 tbsp         0.009           01055         Cream, fluid, light whipping         15         1 tbsp         0.013           01055         Cream, sour, reduce   | 18226  | Crackers, rye, wafers, plain                                  | 11         | 1 wafer        | 0.174                  |
| 18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich         0.284           18232         Crackers, wheat, regular         8         4 crackers         0.397           18235         Crackers, whole-wheat         16         4 crackers         0.741           18236         Crackers, whole-wheat         57         1 slice         0.057           00001         Cramberry juice cocktail, bottled         253         8 fl oz         0.057           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tisp         0.000           01069         Cream, substitute, powdered         2         1 tsp         0.000           01049         Cream, fluid, heavy whipping         15         1 tisp         0.001           01050         Cream, fluid, light whipping         15         1 tisp         0.008           01050         Cream, fluid, light whipping         15         1 tisp         0.009           01052         Cream, fluid, light whipping         15         1 tisp         0.009           01054         Cream, fluid, light whipping         15         1 tisp         0.01           01055         Cream, fluid, light whipping         15         1   | 18228  | Crackers, saltines (includes oyster, soda, soup)              | 12         | 4 crackers     | 0.628                  |
| 18232         Crackers, wheat, regular         8         4 crackers         0.397           18235         Crackers, whole-wheat         16         4 crackers         0.741           14242         Cranberry juice cocktail, bottled         253         8 fl oz         0.057           09081         Cranberry sauce, canned, sweetened         57         1 slice         0.057           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp         0.000           01069         Cream substitute, powdered         2         1 tsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.006           01050         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, fluid, light whipping         15         1 tbsp         0.001           01056         Cream, fluid, light whipping         15         1 tbsp         0.01           01056         Cream, sur, cultured         15   | 18229  | Crackers, standard snack-type, regular                        | 12         | 4 crackers     | 0.502                  |
| 18235         Crackers, whole-wheat         16         4 crackers         0.741           14242         Cranberry juice cocktail, bottled         253         8 fl oz         0.104           09081         Cranberry sauce, canned, sweetened         57         1 slice         0.057           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         1         1 tbsp         0.000           01069         Cream substitute, powdered         2         1 tbsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.001           01053         Cream, fluid, havy whipping         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.009           01050         Cream, fluid, light whipping         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01055         Cream, sour, cultured         12         1 tbsp         0.001           01054         Cream, whipped, cream topping, pressurized         3         1 tosp         0.002           18239         Croissants, butter         57         1 crusi   | 18230  | Crackers, standard snack-type, sandwich, with cheese filling  | 7          | 1 sandwich     | 0.264                  |
| 14242         Cranberry juice cocktail, bottled         253         8 fl oz         0.104           09081         Cranberry sauce, canned, sweetened         57         1 slice         0.057           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp         0.000           01069         Cream substitute, powdered         2         1 tsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.001           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.006           01050         Cream, fluid, light whipping         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.01           01056         Cream, sour, reduced fat, cultured         15         1 tbsp         0.01           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup   | 18232  | Crackers, wheat, regular                                      | 8          | 4 crackers     | 0.397                  |
| 09081         Cranberry sauce, canned, sweetened         57         1 slice         0.057           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp         0.000           01069         Cream substitute, powdered         2         1 tbsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.012           01053         Cream, fluid, heavy whipping         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.006           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tosp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18131         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.35           15138         Crustaceans, crab, blue, cab cakes  | 18235  | Crackers, whole-wheat   | 16         | 4 crackers     | 0.741                  |
| 01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp         0.000           01069         Cream substitute, powdered         2         1 tsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.012           01053         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.006           01050         Cream, fluid, light whipping         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.013           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.010           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, imitation, made from surimi         85         3 oz         0.527           15140         Crustaceans, crab, blue, cooked, moist heat  | 14242  | Cranberry juice cocktail, bottled                             | 253        | 8 fl oz        | 0.104                  |
| on 1069         Cream substitute, powdered         2         1 tsp         0.000           01049         Cream, fluid, half and half         15         1 tbsp         0.012           01053         Cream, fluid, heavy whipping         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.57           15141         Crustaceans, crab, blue, canned         135         1 cup         3.708           15142         Crustaceans, crab, blue, cooked, moist heat         85         3 oz         2  | 09081  | Cranberry sauce, canned, sweetened                            | 57         | 1 slice        | 0.057                  |
| 01049         Cream, fluid, half and half         15         1 tbsp         0.012           01053         Cream, fluid, heavy whipping         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.888           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         0.527           15141         Crustaceans, crab, blue, canned         135         1 cup         3.708           15140         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15142         Crustaceans, blue, crab cakes         60         1 cake         1.5  | 01067  |   | 15         | 1 tbsp         | 0.000                  |
| 01053         Cream, fluid, heavy whipping         15         1 tbsp         0.006           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         0.527           15141         Crustaceans, crab, blue, canned         135         1 cup         3.708           15142         Crustaceans, crab, blue, cooked, moist heat         85         3 oz         2.335           15148         Crustaceans, lobster, northern, cooked, moist heat         85         3 oz         1.556           15150         Crustaceans, shrimp, mixed species, canned         85   | 01069  | Cream substitute, powdered                                    | 2          | 1 tsp          | 0.000                  |
| 01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp         0.009           01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.139           15138         Crustaceans, crab, blue, canned         135         1 cup         3.708           15140         Crustaceans, crab, blue, cooked, moist heat         85         3 oz         2.335           15142         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15148         Crustaceans, shrimp, mixed species, canned         85         3 oz         1.556           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried  | 01049  | Cream, fluid, half and half                                   | 15         | 1 tbsp         | 0.012                  |
| 01052         Cream, fluid, light whipping         15         1 tbsp         0.006           01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.139           15148         Crustaceans, crab, blue, canned         135         1 cup         3.708           15149         Crustaceans, crab, blue, cooked, moist heat         85         3 oz         2.335           15140         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15148         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15150         Crustaceans, shrimp, mixed species, conked, breaded and fried         85         3 oz         0.475           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried </td <td>01053</td> <td>Cream, fluid, heavy whipping</td> <td>15</td> <td>1 tbsp</td> <td>0.006</td>  | 01053  | Cream, fluid, heavy whipping                                  | 15         | 1 tbsp         | 0.006                  |
| 01056         Cream, sour, cultured         12         1 tbsp         0.013           01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.139           15138         Crustaceans, crab, alaska king, imitation, made from surimi         85         3 oz         0.527           15141         Crustaceans, crab, blue, canned         135         1 cup         3.708           15142         Crustaceans, crab, blue, cooked, moist heat         85         3 oz         2.335           15142         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15148         Crustaceans, lobster, northern, cooked, moist heat         85         3 oz         0.475           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried         85         3 oz         0.475           15150         Crustaceans, shrimp,  | 01050  | Cream, fluid, light (coffee cream or table cream)             | 15         | 1 tbsp         | 0.009                  |
| 01055         Cream, sour, reduced fat, cultured         15         1 tbsp         0.010           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.139           15138         Crustaceans, crab, blue, canned         135         1 cup         3.708           15141         Crustaceans, crab, blue, canned         85         3 oz         2.335           15142         Crustaceans, crab, blue, cooked, moist heat         85         3 oz         2.335           15142         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15148         Crustaceans, shrimp, mixed species, canned         85.05         3 oz         0.475           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried         85         3 oz         2.610           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried         45         6 large         1.382           11206         Cucumber, pee   | 01052  | Cream, fluid, light whipping                                  | 15         | 1 tbsp         | 0.006                  |
| 01054         Cream, whipped, cream topping, pressurized         3         1 tbsp         0.002           18239         Croissants, butter         57         1 croissant         1.247           18243         Croutons, seasoned         40         1 cup         1.858           15137         Crustaceans, crab, alaska king, cooked, moist heat         85         3 oz         1.139           15138         Crustaceans, crab, blue, canned         135         1 cup         3.708           15141         Crustaceans, crab, blue, conked, moist heat         85         3 oz         2.335           15140         Crustaceans, crab, blue, crab cakes         60         1 cake         1.740           15142         Crustaceans, lobster, northern, cooked, moist heat         85         3 oz         1.556           15152         Crustaceans, shrimp, mixed species, canned         85.05         3 oz         0.475           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried         85         3 oz         2.610           15150         Crustaceans, shrimp, mixed species, cooked, breaded and fried         45         6 large         1.382           11206         Cucumber, peeled, raw         119         1 cup         0.104           11205         Cucumbe   | 01056  | Cream, sour, cultured   | 12         | 1 tbsp         | 0.013                  |
| 18239       Croissants, butter       57       1 croissant       1.247         18243       Croutons, seasoned       40       1 cup       1.858         15137       Crustaceans, crab, alaska king, cooked, moist heat       85       3 oz       1.139         15138       Crustaceans, crab, alaska king, imitation, made from surimi       85       3 oz       0.527         15141       Crustaceans, crab, blue, canned       135       1 cup       3.708         15140       Crustaceans, crab, blue, cooked, moist heat       85       3 oz       2.335         15142       Crustaceans, crab, blue, crab cakes       60       1 cake       1.740         15148       Crustaceans, lobster, northern, cooked, moist heat       85       3 oz       1.556         15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       119       1 cup       0.104         11205       Cucumber, with peel, raw       104       1 cup       0.102  | 01055  | Cream, sour, reduced fat, cultured                            | 15         | 1 tbsp         | 0.010                  |
| 18243       Croutons, seasoned       40       1 cup       1.858         15137       Crustaceans, crab, alaska king, cooked, moist heat       85       3 oz       1.139         15138       Crustaceans, crab, alaska king, imitation, made from surimi       85       3 oz       0.527         15141       Crustaceans, crab, blue, canned       135       1 cup       3.708         15140       Crustaceans, crab, blue, cooked, moist heat       85       3 oz       2.335         15142       Crustaceans, crab, blue, crab cakes       60       1 cake       1.740         15148       Crustaceans, lobster, northern, cooked, moist heat       85       3 oz       1.556         15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11205       Cucumber, with peel, raw       104       1 cup       0.044         11205       Cucumber, with peel, raw       301       1 large       0.295   | 01054  | Cream, whipped, cream topping, pressurized                    | 3          | 1 tbsp         | 0.002                  |
| 15137       Crustaceans, crab, alaska king, cooked, moist heat       85       3 oz       1.139         15138       Crustaceans, crab, alaska king, imitation, made from surimi       85       3 oz       0.527         15141       Crustaceans, crab, blue, canned       135       1 cup       3.708         15140       Crustaceans, crab, blue, cooked, moist heat       85       3 oz       2.335         15142       Crustaceans, crab, blue, crab cakes       60       1 cake       1.740         15148       Crustaceans, lobster, northern, cooked, moist heat       85       3 oz       1.556         15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11205       Cucumber, with peel, raw       104       1 cup       0.044         11205       Cucumber, with peel, raw       301       1 large       0.295   | 18239  | Croissants, butter  | 57         | 1 croissant    | 1.247                  |
| 15138       Crustaceans, crab, alaska king, imitation, made from surimi       85       3 oz       0.527         15141       Crustaceans, crab, blue, canned       135       1 cup       3.708         15140       Crustaceans, crab, blue, cooked, moist heat       85       3 oz       2.335         15142       Crustaceans, crab, blue, crab cakes       60       1 cake       1.740         15148       Crustaceans, lobster, northern, cooked, moist heat       85       3 oz       1.556         15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11205       Cucumber, with peel, raw       104       1 cup       0.044         11205       Cucumber, with peel, raw       301       1 large       0.295  | 18243  | Croutons, seasoned  | 40         | 1 cup          | 1.858                  |
| 15141       Crustaceans, crab, blue, canned       135       1 cup       3.708         15140       Crustaceans, crab, blue, cooked, moist heat       85       3 oz       2.335         15142       Crustaceans, crab, blue, crab cakes       60       1 cake       1.740         15148       Crustaceans, lobster, northern, cooked, moist heat       85       3 oz       1.556         15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11205       Cucumber, with peel, raw       104       1 cup       0.044         11205       Cucumber, with peel, raw       301       1 large       0.295  | 15137  | Crustaceans, crab, alaska king, cooked, moist heat            | 85         | 3 oz           | 1.139                  |
| 15140       Crustaceans, crab, blue, cooked, moist heat       85       3 oz       2.335         15142       Crustaceans, crab, blue, crab cakes       60       1 cake       1.740         15148       Crustaceans, lobster, northern, cooked, moist heat       85       3 oz       1.556         15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11205       Cucumber, with peel, raw       104       1 cup       0.044         11205       Cucumber, with peel, raw       301       1 large       0.295  | 15138  | Crustaceans, crab, alaska king, imitation, made from surimi   | 85         | 3 oz           | 0.527                  |
| Crustaceans, crab, blue, crab cakes 60 1 cake 1.740 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 1.556 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 0.475 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 2.610 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 45 6 large 1.382 11206 Cucumber, peeled, raw 280 1 large 0.104 11206 Cucumber, peeled, raw 119 1 cup 0.044 11205 Cucumber, with peel, raw 104 1 cup 0.102 11205 Cucumber, with peel, raw 301 1 large 0.295  | 15141  | Crustaceans, crab, blue, canned                               | 135        | 1 cup          | 3.708                  |
| Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 1.556 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 0.475 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 2.610 Crustaceans, shrimp, mixed species, cooked, breaded and fried 45 6 large 1.382 Crustaceans, shrimp, mixed species, cooked, breaded and fried 45 6 large 0.104 Cucumber, peeled, raw 280 1 large 0.104 Cucumber, peeled, raw 119 1 cup 0.044 Cucumber, with peel, raw 104 1 cup 0.102 Cucumber, with peel, raw 301 1 large 0.295   | 15140  | Crustaceans, crab, blue, cooked, moist heat                   | 85         | 3 oz           | 2.335                  |
| 15152       Crustaceans, shrimp, mixed species, canned       85.05       3 oz       0.475         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       85       3 oz       2.610         15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11206       Cucumber, peeled, raw       119       1 cup       0.044         11205       Cucumber, with peel, raw       104       1 cup       0.102         11205       Cucumber, with peel, raw       301       1 large       0.295   | 15142  | Crustaceans, crab, blue, crab cakes                           | 60         | 1 cake         | 1.740                  |
| Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 2.610 Crustaceans, shrimp, mixed species, cooked, breaded and fried 45 6 large 1.382 Cucumber, peeled, raw 280 1 large 0.104 Cucumber, peeled, raw 119 1 cup 0.044 Cucumber, with peel, raw 104 1 cup 0.102 Cucumber, with peel, raw 301 1 large 0.295   | 15148  | Crustaceans, lobster, northern, cooked, moist heat            | 85         | 3 oz           | 1.556                  |
| 15150       Crustaceans, shrimp, mixed species, cooked, breaded and fried       45       6 large       1.382         11206       Cucumber, peeled, raw       280       1 large       0.104         11206       Cucumber, peeled, raw       119       1 cup       0.044         11205       Cucumber, with peel, raw       104       1 cup       0.102         11205       Cucumber, with peel, raw       301       1 large       0.295   | 15152  | Crustaceans, shrimp, mixed species, canned                    | 85.05      | 3 oz           | 0.475                  |
| 11206       Cucumber, peeled, raw       280       1 large       0.104         11206       Cucumber, peeled, raw       119       1 cup       0.044         11205       Cucumber, with peel, raw       104       1 cup       0.102         11205       Cucumber, with peel, raw       301       1 large       0.295  | 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 85         | 3 oz           | 2.610                  |
| 11206       Cucumber, peeled, raw       280       1 large       0.104         11206       Cucumber, peeled, raw       119       1 cup       0.044         11205       Cucumber, with peel, raw       104       1 cup       0.102         11205       Cucumber, with peel, raw       301       1 large       0.295  | 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 45         | 6 large        | 1.382                  |
| 11205       Cucumber, with peel, raw       104       1 cup       0.102         11205       Cucumber, with peel, raw       301       1 large       0.295  | 11206  | Cucumber, peeled, raw   | 280        | 1 large        | 0.104                  |
| 11205       Cucumber, with peel, raw       104       1 cup       0.102         11205       Cucumber, with peel, raw       301       1 large       0.295  | 11206  | Cucumber, peeled, raw   | 119        | 1 cup          | 0.044                  |
| 11205 Cucumber, with peel, raw 301 1 large 0.295   |        | Cucumber, with peel, raw                                      | 104        | 1 cup          | 0.102                  |
|  |        | ·   | 301        |                | 0.295                  |
|  | 11208  | Dandelion greens, cooked, boiled, drained, without salt       | 105        | 1 cup          | 0.540                  |

| NDB_No | Description   | Weight (g) | Common Measure | Content per<br>Measure |
|--------|---|------------|----------------|------------------------|
| 18245  | Danish pastry, cheese   | 71         | 1 danish       | 1.420                  |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71         | 1 danish       | 1.414                  |
| 09087  | Dates, deglet noor  | 178        | 1 cup          | 2.268                  |
| 09087  | Dates, deglet noor  | 41.5       | 5 dates        | 0.529                  |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                                 | 4          | 1 tbsp         | 0.002                  |
| 01072  | Dessert topping, pressurized  | 4          | 1 tbsp         | 0.000                  |
| 01073  | Dessert topping, semi solid, frozen   | 4          | 1 tbsp         | 0.000                  |
| 02045  | Dill weed, fresh  | 1          | 5 sprigs       | 0.016                  |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 14         | 1 hole         | 0.276                  |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 47         | 1 medium       | 0.926                  |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 60         | 1 medium       | 1.566                  |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 13         | 1 hole         | 0.339                  |
| 05142  | Duck, domesticated, meat only, cooked, roasted  | 221        | 1/2 duck       | 11.271                 |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe                              | 100        | 1 eclair       | 0.799                  |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large        | 0.035                  |
| 01128  | Egg, whole, cooked, fried   | 46         | 1 large        | 0.038                  |
| 01129  | Egg, whole, cooked, hard-boiled   | 50         | 1 large        | 0.032                  |
| 01131  | Egg, whole, cooked, poached   | 50         | 1 large        | 0.032                  |
| 01132  | Egg, whole, cooked, scrambled   | 61         | 1 large        | 0.046                  |
| 01123  | Egg, whole, raw, fresh  | 58         | 1 extra large  | 0.044                  |
| 01123  | Egg, whole, raw, fresh  | 44         | 1 medium       | 0.033                  |
| 01123  | Egg, whole, raw, fresh  | 50         | 1 large        | 0.038                  |
| 01125  | Egg, yolk, raw, fresh   | 16.6       | 1 large        | 0.004                  |
| 01057  | Eggnog  | 254        | 1 cup          | 0.267                  |
| 11210  | Eggplant, cooked, boiled, drained, without salt   | 99         | 1 cup          | 0.594                  |
| 11213  | Endive, raw   | 50         | 1 cup          | 0.200                  |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                             | 57         | 1 muffin       | 2.320                  |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)         | 52         | 1 muffin       | 2.595                  |
| 21047  | Entrees, fish fillet, battered or breaded, and fried  | 91         | 1 fillet       | 1.913                  |
| 21302  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust                             | 106        | 1 slice        | 3.959                  |
| 21005  | Fast Foods, biscuit, with egg and sausage   | 180        | 1 biscuit      | 4.441                  |
| 21061  | Fast foods, burrito, with beans and cheese  | 93         | 1 burrito      | 1.786                  |
| 21063  | Fast foods, burrito, with beans and meat  | 115.5      | 1 burrito      | 2.703                  |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain                                  | 160        | 1 sandwich     | 7.389                  |
| 21093  | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables                 | 166        | 1 sandwich     | 8.051                  |
| 21092  | Fast foods, cheeseburger; double, regular patty; plain  | 155        | 1 sandwich     | 6.792                  |
| 21097  | Fast foods, cheeseburger; single, large patty; with condiments and bacon                        | 195        | 1 sandwich     | 8.254                  |
| 21098  | Fast foods, cheeseburger; single, large patty; with condiments and vegetables                   | 219        | 1 sandwich     | 7.286                  |
| 21090  | Fast foods, cheeseburger; single, regular patty, with condiments                                | 113        | 1 sandwich     | 3.966                  |
| 21089  | Fast foods, cheeseburger; single, regular patty; plain  | 102        | 1 sandwich     | 4.710                  |
| 21102  | Fast foods, chicken fillet sandwich, plain  | 182        | 1 sandwich     | 6.807                  |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain                                  | 106        | 6 pieces       | 6.344                  |
| 21042  | Fast foods, chili con carne   | 253        | 1 cup          | 2.479                  |

| NDB_No | Description   | Weight (g) | Common Measure           | Content per<br>Measure |
|--------|---|------------|--------------------------|------------------------|
| 21070  | Fast foods, chimichanga, with beef  | 174        | 1 chimichanga            | 5.777                  |
| 21043  | Fast foods, clams, breaded and fried  | 115        | 3/4 cup                  | 2.864                  |
| 21127  | Fast foods, coleslaw  | 99         | 3/4 cup                  | 0.204                  |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon                          | 129        | 1 croissant              | 2.193                  |
| 21015  | Fast foods, danish pastry, cheese   | 91         | 1 pastry                 | 2.548                  |
| 21017  | Fast foods, danish pastry, fruit  | 94         | 1 pastry                 | 1.795                  |
| 21074  | Fast foods, enchilada, with cheese  | 163        | 1 enchilada              | 1.907                  |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon            | 137        | 1 muffin                 | 4.366                  |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                     | 183        | 1 sandwich               | 4.227                  |
| 21024  | Fast foods, french toast sticks   | 141        | 5 sticks                 | 3.631                  |
| 21023  | Fast foods, french toast with butter  | 135        | 2 slices                 | 3.915                  |
| 21077  | Fast foods, frijoles with cheese  | 167        | 1 cup                    | 1.486                  |
| 21114  | Fast foods, hamburger; double, large patty; with condiments and vegetables  | 226        | 1 sandwich               | 7.571                  |
| 21111  | Fast foods, hamburger; double, regular patty; with condiments               | 215        | 1 sandwich               | 6.730                  |
| 21113  | Fast foods, hamburger; single, large patty; with condiments and vegetables  | 218        | 1 sandwich               | 7.281                  |
| 21108  | Fast foods, hamburger; single, regular patty; with condiments               | 106        | 1 sandwich               | 4.305                  |
| 21118  | Fast foods, hotdog, plain   | 98         | 1 sandwich               | 3.646                  |
| 21119  | Fast foods, hotdog, with chili  | 114        | 1 sandwich               | 3.739                  |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)                       | 175        | 1 corn dog               | 4.165                  |
| 21129  | Fast foods, hush puppies  | 78         | 5 pieces                 | 2.028                  |
| 21078  | Fast foods, nachos, with cheese   | 113        | 6-8 nachos               | 1.537                  |
| 21130  | Fast foods, onion rings, breaded and fried                                  | 83         | 8-9 rings                | 0.921                  |
| 21025  | Fast foods, pancakes with butter and syrup                                  | 232        | 2 pancakes               | 3.387                  |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 85         | 1 small                  | 2.122                  |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 134        | 1 medium                 | 3.346                  |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 169        | 1 large                  | 4.220                  |
| 21139  | Fast foods, potato, mashed  | 80         | 1/3 cup                  | 0.960                  |
| 21026  | Fast foods, potatoes, hashed brown  | 72         | 1/2 cup                  | 1.205                  |
| 21121  | Fast foods, roast beef sandwich, plain                                      | 139        | 1 sandwich               | 5.866                  |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg | 217        | 1-1/2 cups               | 0.977                  |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken        | 218        | 1-1/2 cups               | 5.886                  |
| 21059  | Fast foods, shrimp, breaded and fried                                       | 164        | 6-8 shrimp               | 0.000                  |
| 21124  | Fast foods, submarine sandwich, with cold cuts                              | 228        | 1 sandwich, 6" roll      | 5.495                  |
| 21125  | Fast foods, submarine sandwich, with roast beef                             | 216        | 1 sandwich, 6" roll      | 5.962                  |
| 21126  | Fast foods, submarine sandwich, with tuna salad                             | 256        | 1 sandwich, 6" roll      | 11.341                 |
| 21033  | Fast foods, sundae, hot fudge   | 158        | 1 sundae                 | 1.074                  |
| 21082  | Fast foods, taco  | 263        | 1 large                  | 4.944                  |
| 21082  | Fast foods, taco  | 171        | 1 small                  | 3.215                  |
| 21083  | Fast foods, taco salad  | 198        | 1-1/2 cups               | 2.455                  |
| 21086  | Fast foods, tostada, with beans, beef, and cheese                           | 225        | 1 tostada                | 2.858                  |
| 21028  | Fast foods, vanilla, light, soft-serve ice cream, with cone                 | 103        | 1 cone                   | 0.513                  |
| 09094  | Figs, dried, uncooked   | 38         | 2 figs                   | 0.235                  |
| 15011  | Fish, catfish, channel, cooked, breaded and fried                           | 85         | 3 oz                     | 1.940                  |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid                              | 85         | 3 oz                     | 2.129                  |
| 15192  | Fish, cod, Pacific, cooked, dry heat  | 85         | 3 oz                     | 1.142                  |
| 15027  | Fish, fish portions and sticks, frozen, preheated                           | 28         | 1 stick (4" x 1" x 1/2") | 0.448                  |

| NDB_No | Description   | Weight (g) | Common Measure             | Content per<br>Measure |
|--------|---|------------|----------------------------|------------------------|
| 15027  | Fish, fish portions and sticks, frozen, preheated   | 57         | 1 portion (4" x 2" x 1/2") | 0.912                  |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat  | 127        | 1 fillet                   | 1.623                  |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat  | 85         | 3 oz                       | 1.086                  |
| 15034  | Fish, haddock, cooked, dry heat   | 150        | 1 fillet                   | 6.179                  |
| 15034  | Fish, haddock, cooked, dry heat   | 85         | 3 oz                       | 3.501                  |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 85         | 3 oz                       | 6.724                  |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 159        | 1/2 fillet                 | 12.578                 |
| 15041  | Fish, herring, Atlantic, pickled  | 85.05      | 3 oz                       | 2.807                  |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 50         | 1 fillet                   | 0.608                  |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 85         | 3 oz                       | 1.033                  |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 60         | 1 fillet                   | 2.369                  |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz                       | 3.357                  |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 149        | 1 fillet                   | 4.317                  |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 85         | 3 oz                       | 2.462                  |
| 15232  | Fish, roughy, orange, cooked, dry heat  | 85         | 3 oz                       | 1.547                  |
| 15077  | Fish, salmon, chinook, smoked   | 85.05      | 3 oz                       | 4.014                  |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid   | 85         | 3 oz                       | 5.556                  |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 85         | 3 oz                       | 8.243                  |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 155        | 1/2 fillet                 | 15.032                 |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone  | 85.05      | 3 oz                       | 4.461                  |
| 15111  | Fish, swordfish, cooked, dry heat   | 85         | 3 oz                       | 7.866                  |
| 15111  | Fish, swordfish, cooked, dry heat   | 106        | 1 piece                    | 9.809                  |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat  | 85         | 3 oz                       | 5.649                  |
| 15128  | Fish, tuna salad  | 205        | 1 cup                      | 13.735                 |
| 15119  | Fish, tuna, light, canned in oil, drained solids  | 85.05      | 3 oz                       | 10.546                 |
| 15121  | Fish, tuna, light, canned in water, drained solids  | 85         | 3 oz                       | 11.288                 |
| 15126  | Fish, tuna, white, canned in water, drained solids  | 85         | 3 oz                       | 4.929                  |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85         | 3 oz                       | 18.760                 |
| 07022  | Frankfurter, beef   | 45         | 1 frank                    | 1.067                  |
| 07023  | Frankfurter, beef and pork  | 45         | 1 frank                    | 1.185                  |
| 07024  | Frankfurter, chicken  | 45         | 1 frank                    | 2.109                  |
| 18268  | French toast, frozen, ready-to-heat   | 59         | 1 slice                    | 1.606                  |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk   | 65         | 1 slice                    | 1.058                  |
| 19226  | Frostings, chocolate, creamy, ready-to-eat  | 38         | 1/12 package               | 0.045                  |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package               | 0.084                  |
| 19263  | Frozen novelties, fruit and juice bars  | 77         | 1 bar (2.5 fl oz)          | 0.122                  |
| 19281  | Frozen novelties, ice type, italian, restaurant-prepared  | 116        | 1/2 cup                    | 0.829                  |
| 19283  | Frozen novelties, ice type, pop   | 59         | 1 bar (2 fl oz)            | 0.000                  |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 72         | 1/2 cup                    | 0.220                  |
| 19293  | Frozen yogurts, vanilla, soft-serve   | 72         | 1/2 cup                    | 0.207                  |
| 19294  | Fruit butters, apple  | 17         | 1 tbsp                     | 0.013                  |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and   | 248        | 1 cup                      | 0.928                  |
| 09097  | cherry), canned, heavy syrup, solids and liquids  Fruit cocktail, (peach and pineapple and pear and grape and | 237        | 1 cup                      | 0.955                  |
| 4.405= | cherry), canned, juice pack, solids and liquids   | 0.40       | 0.41                       |                        |
| 14267  | Fruit punch drink, with added nutrients, canned   | 248        | 8 fl oz                    | 0.052                  |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened   | 250        | 1 cup                      | 0.993                  |
| 35142  | Frybread, made with lard (Navajo)   | 90         | 5" bread                   | 4.143                  |
| 35142  | Frybread, made with lard (Navajo)   | 160        | 10-1/2" bread              | 7.365                  |

| NDB_No | Description  | Weight (g) | Common Measure | Content per<br>Measure |
|--------|--|------------|----------------|------------------------|
| 11215  | Garlic, raw  | 3          | 1 clove        | 0.021                  |
| 19173  | Gelatin desserts, dry mix, prepared with water   | 135        | 1/2 cup        | 0.001                  |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water                                      | 117        | 1/2 cup        | 0.000                  |
| 14277  | Grape drink, canned  | 250        | 8 fl oz        | 0.025                  |
| 09137  | Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid                      | 250        | 1 cup          | 0.310                  |
| 09136  | Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid  | 216        | 6-fl-oz can    | 0.931                  |
| 09135  | Grape juice, canned or bottled, unsweetened, without added ascorbic acid   | 253        | 1 cup          | 0.336                  |
| 09404  | Grapefruit juice, pink, raw  | 247        | 1 cup          | 0.494                  |
| 09124  | Grapefruit juice, white, canned, sweetened   | 250        | 1 cup          | 0.798                  |
| 09123  | Grapefruit juice, white, canned, unsweetened   | 247        | 1 cup          | 0.571                  |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water                                | 247        | 1 cup          | 0.536                  |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted  | 207        | 6-fl-oz can    | 1.598                  |
| 09128  | Grapefruit juice, white, raw   | 247        | 1 cup          | 0.494                  |
| 09112  | Grapefruit, raw, pink and red, all areas   | 123        | 1/2 grapefruit | 0.251                  |
| 09116  | Grapefruit, raw, white, all areas  | 118        | 1/2 grapefruit | 0.317                  |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids   | 254        | 1 cup          | 0.617                  |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw   | 50         | 10 grapes      | 0.094                  |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw   | 160        | 1 cup          | 0.301                  |
| 06116  | Gravy, beef, canned, ready-to-serve  | 58.25      | 1/4 cup        | 0.384                  |
| 06119  | Gravy, chicken, canned, ready-to-serve   | 59.5       | 1/4 cup        | 0.264                  |
| 06121  | Gravy, mushroom, canned  | 59.6       | 1/4 cup        | 0.400                  |
| 06125  | Gravy, turkey, canned, ready-to-serve  | 59.6       | 1/4 cup        | 0.775                  |
| 07027  | Ham, chopped, not canned   | 21         | 2 slices       | 0.815                  |
| 07028  | Ham, sliced, extra lean  | 56.7       | 2 slices       | 3.230                  |
| 07029  | Ham, sliced, regular (approximately 11% fat)   | 56.7       | 2 slices       | 1.647                  |
| 11961  | Hearts of palm, canned   | 33         | 1 piece        | 0.144                  |
| 19296  | Honey  | 21         | 1 tbsp         | 0.025                  |
| 02055  | Horseradish, prepared  | 5          | 1 tsp          | 0.019                  |
| 16158  | Hummus, commercial   | 14         | 1 tbsp         | 0.081                  |
| 19270  | Ice creams, chocolate  | 66         | 1/2 cup        | 0.149                  |
| 19090  | Ice creams, french vanilla, soft-serve   | 86         | 1/2 cup        | 0.082                  |
| 19095  | Ice creams, vanilla  | 66         | 1/2 cup        | 0.077                  |
| 19088  | Ice creams, vanilla, light   | 66         | 1/2 cup        | 0.090                  |
| 19089  | Ice creams, vanilla, rich  | 74         | 1/2 cup        | 0.061                  |
| 19297  | Jams and preserves   | 20         | 1 tbsp         | 0.007                  |
| 19300  | Jellies  | 19         | 1 tbsp         | 0.007                  |
| 11226  | Jerusalem-artichokes, raw  | 150        | 1 cup          | 1.950                  |
| 11234  | Kale, cooked, boiled, drained, without salt  | 130        | 1 cup          | 0.650                  |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt  | 130        | 1 cup          | 0.874                  |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles  | 35         | 1 waffle       | 2.594                  |
| 09148  | Kiwifruit, green, raw  | 76         | 1 medium       | 0.259                  |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt  | 165        | 1 cup          | 0.239                  |
|        |  |            | ·              |                        |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz           | 5.602                  |

| NDB_No | Description   | Weight (g) | Common Measure   | Content per<br>Measure |
|--------|---|------------|------------------|------------------------|
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz             | 5.389                  |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                        | 85         | 3 oz             | 6.035                  |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                           | 85         | 3 oz             | 5.823                  |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                         | 85         | 3 oz             | 5.738                  |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                            | 85         | 3 oz             | 5.236                  |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised               | 85         | 3 oz             | 5.661                  |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz             | 5.381                  |
| 04002  | Lard  | 12.8       | 1 tbsp           | 0.000                  |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate   | 4.6        | 1 tsp            | 0.000                  |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate  | 4.6        | 1 tsp            | 0.000                  |
| 18371  | Leavening agents, baking powder, low-sodium   | 5          | 1 tsp            | 0.000                  |
| 18372  | Leavening agents, baking soda   | 4.6        | 1 tsp            | 0.000                  |
| 18373  | Leavening agents, cream of tartar   | 3          | 1 tsp            | 0.000                  |
| 18375  | Leavening agents, yeast, baker's, active dry  | 7          | 1 pkg            | 2.814                  |
| 18375  | Leavening agents, yeast, baker's, active dry  | 4          | 1 tsp            | 1.608                  |
| 18374  | Leavening agents, yeast, baker's, compressed  | 17         | 1 cake           | 2.091                  |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt                                       | 104        | 1 cup            | 0.208                  |
| 09153  | Lemon juice, canned or bottled  | 15.2       | 1 tbsp           | 0.030                  |
| 09153  | Lemon juice, canned or bottled  | 244        | 1 cup            | 0.481                  |
| 09152  | Lemon juice, raw  | 47         | juice of 1 lemon | 0.043                  |
| 14293  | Lemonade, frozen concentrate, white, prepared with water  | 248        | 8 fl oz          | 0.040                  |
| 14290  | Lemonade, low calorie, with aspartame, powder, prepared with water  | 237        | 8 fl oz          | 0.000                  |
| 14297  | Lemonade-flavor drink, powder, prepared with water  | 266        | 8 fl oz          | 0.000                  |
| 09150  | Lemons, raw, without peel   | 58         | 1 lemon          | 0.058                  |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt   | 198        | 1 cup            | 2.099                  |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 7.5        | 1 medium leaf    | 0.027                  |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 163        | 1 head           | 0.582                  |
| 11251  | Lettuce, cos or romaine, raw  | 10         | 1 leaf           | 0.031                  |
| 11251  | Lettuce, cos or romaine, raw  | 56         | 1 cup            | 0.175                  |
| 11253  | Lettuce, green leaf, raw  | 10         | 1 leaf           | 0.038                  |
| 11253  | Lettuce, green leaf, raw  | 56         | 1 cup            | 0.210                  |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 539        | 1 head           | 0.663                  |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 55         | 1 cup            | 0.068                  |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 8          | 1 medium         | 0.010                  |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt                                   | 180        | 1 cup            | 1.386                  |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt                               | 170        | 1 cup            | 1.817                  |
| 16073  | Lima beans, large, mature seeds, canned   | 241        | 1 cup            | 0.629                  |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt   | 188        | 1 cup            | 0.791                  |
| 09161  | Lime juice, canned or bottled, unsweetened  | 246        | 1 cup            | 0.401                  |
| 09161  | Lime juice, canned or bottled, unsweetened  | 15.4       | 1 tbsp           | 0.025                  |
| 09160  | Lime juice, raw   | 38         | juice of 1 lime  | 0.054                  |

| NDB_  | _No Description  | Weight (g) | Common Measure  | Content per<br>Measure |
|-------|--|------------|-----------------|------------------------|
| 22247 | Macaroni and Cheese, canned entree   | 252        | 1 cup           | 2.981                  |
| 20100 | Macaroni, cooked, enriched   | 140        | 1 cup           | 2.365                  |
| 14315 | Malted drink mix, chocolate, with added nutrients, powder                                | 21         | 3 heaping tsp   | 10.697                 |
| 14316 | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk      | 265        | 1 cup           | 11.035                 |
| 14309 | Malted drink mix, natural, with added nutrients, powder                                  | 21         | 4-5 heaping tsp | 8.889                  |
| 14310 | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk        | 265        | 1 cup           | 10.581                 |
| 09176 | Mangos, raw  | 165        | 1 cup           | 1.104                  |
| 09176 | Mangos, raw  | 207        | 1 mango         | 1.385                  |
| 04610 | Margarine, regular, 80% fat, composite, stick, with salt                                 | 14         | 1 tbsp          | 0.003                  |
| 04611 | Margarine, regular, 80% fat, composite, tub, with salt                                   | 14.2       | 1 tbsp          | 0.000                  |
| 04585 | Margarine-like, margarine-butter blend, soybean oil and butter                           | 14.2       | 1 tbsp          | 0.003                  |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt                          | 14.3       | 1 tbsp          | 0.002                  |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt                          | 4.8        | 1 tsp           | 0.001                  |
| 04613 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt                            | 4.8        | 1 tsp           | 0.001                  |
| 04128 | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt | 4.8        | 1 tsp           | 0.000                  |
| 09181 | Melons, cantaloupe, raw  | 69         | 1/8 melon       | 0.506                  |
| 09181 | Melons, cantaloupe, raw  | 160        | 1 cup           | 1.174                  |
| 09184 | Melons, honeydew, raw  | 160        | 1/8 melon       | 0.669                  |
| 09184 | Melons, honeydew, raw  | 170        | 1 cup           | 0.711                  |
| 01110 | Milk shakes, thick chocolate   | 300        | 10.6 fl oz      | 0.372                  |
| 01111 | Milk shakes, thick vanilla   | 313        | 11 fl oz        | 0.457                  |
| 01094 | Milk, buttermilk, dried  | 6.5        | 1 tbsp          | 0.057                  |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat  | 245        | 1 cup           | 0.142                  |
| 01095 | Milk, canned, condensed, sweetened   | 306        | 1 cup           | 0.643                  |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D                     | 256        | 1 cup           | 0.445                  |
| 01096 | Milk, canned, evaporated, with added vitamin D and without added vitamin A               | 252        | 1 cup           | 0.489                  |
| 01104 | Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D           | 250        | 1 cup           | 0.318                  |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D      | 250        | 1 cup           | 0.410                  |
| 01102 | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D            | 250        | 1 cup           | 0.313                  |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A and vitamin D                           | 23         | 1/3 cup         | 0.205                  |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D                      | 244        | 1 cup           | 0.227                  |
| 01085 | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)               | 245        | 1 cup           | 0.230                  |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D                 | 244        | 1 cup           | 0.224                  |
| 01077 | Milk, whole, 3.25% milkfat, with added vitamin D   | 244        | 1 cup           | 0.217                  |
| 16112 | Miso   | 68.75      | 1 cup           | 0.623                  |
| 15160 | Mollusks, clam, mixed species, canned, drained solids                                    | 85         | 3 oz            | 0.491                  |
| 15157 | Mollusks, clam, mixed species, raw   | 85         | 3 oz            | 0.298                  |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried                                     | 85         | 3 oz            | 1.403                  |
| 15167 | Mollusks, oyster, eastern, wild, raw   | 84         | 6 medium        | 0.777                  |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried                              | 93         | 6 large         | 1.400                  |
| 22120 | MORNINGSTAR FARMS Grillers Burger Style Recipe<br>Crumbles, frozen, unprepared           | 110        | 1 cup           | 12.760                 |
| 18274 | Muffins, blueberry, commercially prepared (Includes minimuffins)                         | 57         | 1 muffin        | 0.784                  |

| NDB_  | _No | Description  | Weight (g) | Common Measure    | Content per<br>Measure |
|-------|-----|--|------------|-------------------|------------------------|
| 18278 |     | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk            | 57         | 1 muffin          | 1.260                  |
| 18279 |     | Muffins, corn, commercially prepared   | 57         | 1 muffin          | 1.161                  |
| 18280 |     | Muffins, corn, dry mix, prepared   | 50         | 1 muffin          | 1.051                  |
| 18283 |     | Muffins, oat bran  | 57         | 1 muffin          | 0.239                  |
| 18388 |     | Muffins, wheat bran, toaster-type with raisins, toasted                          | 34         | 1 muffin          | 0.788                  |
| 11044 |     | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt        | 124        | 1 cup             | 1.013                  |
| 11043 |     | Mung beans, mature seeds, sprouted, raw  | 104        | 1 cup             | 0.779                  |
| 11264 |     | Mushrooms, canned, drained solids  | 156        | 1 cup             | 2.485                  |
| 11269 |     | Mushrooms, shiitake, cooked, without salt  | 145        | 1 cup             | 2.175                  |
| 11268 |     | Mushrooms, shiitake, dried   | 3.6        | 1 mushroom        | 0.508                  |
| 11261 |     | Mushrooms, white, cooked, boiled, drained, without salt                          | 156        | 1 cup             | 6.958                  |
| 11260 |     | Mushrooms, white, raw  | 70         | 1 cup             | 2.525                  |
| 11271 |     | Mustard greens, cooked, boiled, drained, without salt                            | 140        | 1 cup             | 0.606                  |
| 02046 |     | Mustard, prepared, yellow  | 5          | 1 tsp or 1 packet | 0.026                  |
| 18651 |     | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes                  | 16         | 1 cookie          | 0.215                  |
| 09191 |     | Nectarines, raw  | 136        | 1 nectarine       | 1.530                  |
| 20113 |     | Noodles, chinese, chow mein  | 45         | 1 cup             | 2.678                  |
| 20110 |     | Noodles, egg, cooked, enriched   | 160        | 1 cup             | 3.323                  |
| 20112 |     | Noodles, egg, spinach, cooked, enriched  | 160        | 1 cup             | 2.358                  |
| 12061 |     | Nuts, almonds  | 28.35      | 1 oz (24 nuts)    | 0.960                  |
| 12078 |     | Nuts, brazilnuts, dried, unblanched  | 28.35      | 1 oz (6-8 nuts)   | 0.084                  |
| 12585 |     | Nuts, cashew nuts, dry roasted, with salt added                                  | 28.35      | 1 oz              | 0.397                  |
| 12586 |     | Nuts, cashew nuts, oil roasted, with salt added                                  | 28.35      | 1 oz (18 nuts)    | 0.492                  |
| 12167 |     | Nuts, chestnuts, european, roasted   | 143        | 1 cup             | 1.919                  |
| 12179 |     | Nuts, coconut meat, dried (desiccated), sweetened, shredded                      | 93         | 1 cup             | 0.441                  |
| 12104 |     | Nuts, coconut meat, raw  | 45         | 1 piece           | 0.243                  |
| 12120 |     | Nuts, hazelnuts or filberts  | 28.35      | 1 oz              | 0.510                  |
| 12632 |     | Nuts, macadamia nuts, dry roasted, with salt added                               | 28.35      | 1 oz (10-12 nuts) | 0.645                  |
| 12635 |     | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                     | 28.35      | 1 oz              | 1.332                  |
| 12637 |     | Nuts, mixed nuts, with peanuts, oil roasted, with salt added                     | 28.35      | 1 oz              | 1.435                  |
| 12142 |     | Nuts, pecans   | 28.35      | 1 oz (20 halves)  | 0.331                  |
| 12147 |     | Nuts, pine nuts, dried   | 28.35      | 1 oz              | 1.244                  |
| 12147 |     | Nuts, pine nuts, dried   | 8.6        | 1 tbsp            | 0.377                  |
| 12652 |     | Nuts, pistachio nuts, dry roasted, with salt added                               | 28.35      | 1 oz (47 nuts)    | 0.389                  |
| 12155 |     | Nuts, walnuts, english   | 28.35      | 1 oz (14 halves)  | 0.319                  |
| 20034 |     | Oat bran, cooked   | 219        | 1 cup             | 0.315                  |
| 20033 |     | Oat bran, raw  | 94         | 1 cup             | 0.878                  |
| 04582 |     | Oil, canola  | 14         | 1 tbsp            | 0.000                  |
| 04518 |     | Oil, corn, industrial and retail, all purpose salad or cooking                   | 13.6       | 1 tbsp            | 0.000                  |
| 04053 |     | Oil, olive, salad or cooking   | 13.5       | 1 tbsp            | 0.000                  |
| 04042 |     | Oil, peanut, salad or cooking  | 13.5       | 1 tbsp            | 0.000                  |
| 04511 |     | Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) | 13.6       | 1 tbsp            | 0.000                  |
| 04058 |     | Oil, sesame, salad or cooking  | 13.6       | 1 tbsp            | 0.000                  |
| 04034 |     | Oil, soybean, salad or cooking, (partially hydrogenated)                         | 13.6       | 1 tbsp            | 0.000                  |
| 04543 |     | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed          | 13.6       | 1 tbsp            | 0.000                  |
| 04506 |     | Oil, sunflower, linoleic, (approx. 65%)  | 13.6       | 1 tbsp            | 0.000                  |

| 11281   Okra, frozen, cooked, boiled, drained, without salt   184   1 cup   1.133  | NDB_No | Description   | Weight (g) | Common Measure      | Content per<br>Measure |
|--|--------|---|------------|---------------------|------------------------|
| 08193         Olives, ripe, canned (small-extra large)         22         5 large         0.008           11285         Onlion fings, breaded, par fined, fozern, prepared, heated in own         60         10 rings         2.16           11283         Onlions, cooked, bolled, drained, without salt         94         1 medium         0.155           11283         Onlions, cooked, bolled, drained, without salt         210         1 cup         0.04           11284         Onlions, faw         110         1 whole         0.128           11282         Onlions, raw         110         1 whole         0.128           11282         Onlions, raw         160         1 cup         0.168           11281         Onlions, raw         15         1 whole         0.078           11281         Onlions, spring or scallions (includes tops and bulb), raw         15         1 whole         0.078           11281         Onlions, spring or scallions (includes tops and bulb), raw         15         1 cup         0.803           09207         Orange juice, commed, unsweetened         249         1 cup         0.693           09216         Orange juice, commed, unsweetened         211         6 -li-oz can         1 5.25           09226         Orange juice, commed, concentrate   | 11279  | Okra, cooked, boiled, drained, without salt                       | 160        | 1 cup               | 1.394                  |
| 11286         Onion fings, breaded, par fried, frozen, prepared, heated in oven         80         10 rings         2.168           11283         Onions, cocked, boiled, drained, without salt         94         1 medium         0.155           11284         Onions, cocked, boiled, drained, without salt         210         1 cup         0.347           11282         Onions, raw         110         1 whole         0.128           11282         Onions, raw         160         1 cup         0.188           11281         Onions, spring or scallions (includes tops and builb), raw         150         1 tuple         0.078           11291         Onions, spring or scallions (includes tops and builb), raw         100         1 cup         0.525           09207         Orange juice, ramed, unsweetened         249         1 cup         0.690           09209         Orange juice, ramed, unsweetened         249         1 cup         0.690           09201         Orange juice, rame concentrate, unsweetened, undiluted         213         6-H-az can         1.525           09202         Orange juice, raw         248         1 cup         0.926           09203         Orange juice, raw         213         1 cup         0.926           09204         Orange, raw, all c   | 11281  | Okra, frozen, cooked, boiled, drained, without salt               | 184        | 1 cup               | 1.133                  |
| 11283         Onions, cooked, boiled, drained, without sait         210         1 cup         0.347           11284         Onions, cooked, boiled, drained, without sait         210         1 cup         0.347           11284         Onions, dehydratd flakes         5         1 tlbsp         0.056           11282         Onions, faw         110         1 whole         0.128           11282         Onions, raw         160         1 cup         0.188           11291         Onions, spring or scallions (includes tops and bulb), raw         15         1 whole         0.079           11291         Onions, spring or scallions (includes tops and bulb), raw         15         1 cup         0.500           09207         Orange juice, carned, unsweetened         249         1 cup         0.500           09209         Orange juice, chilled, includes from concentrate         249         1 cup         0.697           09214         Orange juice, rive concentrate, unsweetened, unditude with 3         249         1 cup         0.697           09214         Orange juice, rive, concentrate, unsweetened, unditude with 3         249         1 cup         0.902           09206         Orange juice, rive         3         1 cup         0.902           09207         Orange   | 09193  | Olives, ripe, canned (small-extra large)                          | 22         | 5 large             | 0.008                  |
| 11283         Onions, cooked, boiled, drained, without sailt         210         1 cup         0.347           11284         Onions, draw         110         1 whole         0.050           11282         Onions, raw         110         1 silica         0.018           11282         Onions, raw         160         1 cup         0.188           11282         Onions, paring or scallions (includes tops and bulb), raw         15         1 whole         0.078           11291         Onions, paring or scallions (includes tops and bulb), raw         100         1 cup         0.525           09207         Orange juice, carned, unsweetened         249         1 cup         0.697           09215         Orange juice, race concentrate, unsweetened, dufluted with 3         249         1 cup         0.693           09214         Orange juice, raw         248         1 cup         0.693           09205         Orange juice, raw         248         1 cup         0.992           09206         Oranges juice, raw         248         1 cup         0.992           09206         Oranges juice, raw         36         juice from 1 orange         0.348           09206         Oranges, raw, all commercial varieties         131         1 orange         <  | 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 60         | 10 rings            | 2.166                  |
| 11284         Onions, dehydrated flakes         5         1 tbsp         0.050           11282         Onions, raw         110         1 whole         0.128           11282         Onions, raw         160         1 supe         0.188           11281         Onions, spring or scallions (includes tops and bulb), raw         150         1 whole         0.079           11291         Onions, spring or scallions (includes tops and bulb), raw         100         1 cup         0.505           08207         Orange juice, canned, unsweetened         249         1 cup         0.500           08209         Orange juice, chilled, includes from concentrate         249         1 cup         0.500           08209         Orange juice, frozen concentrate, unsweetened, undfluted         213         6-fl-oz can         1.525           08206         Orange juice, frozen concentrate, unsweetened, undfluted         213         6-fl-oz can         1.525           08206         Orange juice, frozen concentrate, unsweetened, undfluted         213         6-fl-oz can         1.525           08206         Orange juice, frozen concentrate, unsweetened, undfluted         213         6-fl-oz can         1.525           08206         Orange juice, frozen concentrate, unsweetened         213         6-fl-oz can   | 11283  | Onions, cooked, boiled, drained, without salt                     | 94         | 1 medium            | 0.155                  |
| 11282         Onions, raw         110         1 whole         0.128           11282         Onions, raw         14         1 slice         0.016           11291         Onions, spring or scallions (includes tops and bulb), raw         15         1 whole         0.079           11291         Onions, spring or scallions (includes tops and bulb), raw         10         1 cup         0.525           09207         Orange juice, canded, unsweetened, unsweetened         249         1 cup         0.587           09215         Orange juice, chilled, includes from concentrate         249         1 cup         0.593           09214         Orange juice, frozen concentrate, unsweetened, diluted with 3         249         1 cup         0.503           09214         Orange juice, frozen concentrate, unsweetened, diluted with 3         249         1 cup         0.992           09226         Orange juice, frozen concentrate, unsweetened, diluted with 3         249         1 cup         0.503           09226         Orange juice, aw         48         1 cup         0.922           09226         Orange juice, aw         48         1 cup         0.922           09226         Orange juice, aw         40         68         juice from 1 orange         0.34           09226   | 11283  | Onions, cooked, boiled, drained, without salt                     | 210        | 1 cup               | 0.347                  |
| 11282         Onions, raw         14         1 slice         0.016           11282         Onions, say         160         1 cup         0.186           11291         Onions, spring or scallions (includes tops and bulb), raw         15         1 whole         0.079           11291         Onions, spring or scallions (includes tops and bulb), raw         100         1 cup         0.525           08207         Orange juice, chilled, includes from concentrate         249         1 cup         0.503           08215         Orange juice, Frozen concentrate, unsweetened, diluted with 3         249         1 cup         0.503           08214         Orange juice, Frozen concentrate, unsweetened, undiluted         213         6-fl-oz can         1.525           08206         Orange juice, raw         248         1 cup         0.992           08206         Orange juice, raw         288         1 cup         0.508           08200         Oranges, raw, all commercial varieties         131         1 orange         0.369           08200         Oranges, raw, all commercial varieties         180         1 pancakes         1.048           18288         Pancakes, plain, foy mix, complete, prepared         38         1 pancake         0.650           18282         Pa   | 11284  | Onions, dehydrated flakes   | 5          | 1 tbsp              | 0.050                  |
| 11282         Onions, raw         160         1 cup         0.186           11291         Onions, spring or scallions (includes tops and bulb), raw         100         1 cup         0.525           09207         Orange juice, canned, unsweetened         249         1 cup         0.526           09209         Orange juice, chilled, includes from concentrate         249         1 cup         0.697           09215         Orange juice, frozen concentrate, unsweetened, dilude with 3         249         1 cup         0.697           09214         Orange juice, rozen concentrate, unsweetened, dilude with 3         249         1 cup         0.992           09206         Orange juice, rozen concentrate, unsweetened, undiluted         213         6-ll-oz can         1.525           09206         Orange juice, raw         248         1 cup         0.992           09200         Oranges, raw, all commercial varieties         131         1 orange         0.368           18280         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650 <td>11282</td> <td>Onions, raw</td> <td>110</td> <td>1 whole</td> <td>0.128</td>   | 11282  | Onions, raw   | 110        | 1 whole             | 0.128                  |
| 11291         Onions, spring or scallions (includes tops and bulb), raw         15         1 whole         0.078           11291         Orions, spring or scallions (includes tops and bulb), raw         100         1 cup         0.508           08207         Orange juice, canned, unsweetened         249         1 cup         0.609           08215         Orange juice, chilled, includes from concentrate         249         1 cup         0.607           08214         Orange juice, frozen concentrate, unsweetened, diluted with 3         249         1 cup         0.503           08214         Orange juice, frozen concentrate, unsweetened, undiluted         213         61-loz can         1.525           08206         Orange juice, raw         286         juice from 1 orange         0.344           08200         Orange juice, raw         86         juice from 1 orange         0.344           08200         Oranges, raw, all commercial varieties         181         10 orange         1.026           18288         Pancakes, plain, frozen, ready-to-beat (includes butermilk)         36         1 pancake         0.650           18282         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18282         Pancakes, plain, dry mix, incomplete, prepared         38   | 11282  | Onions, raw   | 14         | 1 slice             | 0.016                  |
| 11291         Onions, spring or scallions (includes tops and bulb), raw         100         1 cup         0.5205           092070         Orange juice, chilled, includes from concentrate         249         1 cup         0.690           09215         Orange juice, chilled, includes from concentrate, unsweetened, diluted with 3         249         1 cup         0.503           09214         Orange juice, frozen concentrate, unsweetened, undiluted         213         6-lf-oz can         1.525           09206         Orange juice, frozen concentrate, unsweetened, undiluted         213         6-lf-oz can         1.525           09206         Orange juice, raw         248         1 cup         0.992           09200         Oranges, raw, all commercial varieties         181         1 oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes, plain, frozen, ready-to-heat (includes buttermilk)         36         1 pancake         0.650           18289         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         36         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         36         1 pancake         0.650     <   | 11282  | Onions, raw   | 160        | 1 cup               | 0.186                  |
| 09207         Orange juice, canned, unsweetened         249         1 cup         0.500           09209         Orange juice, chilled, includes from concentrate         249         1 cup         0.503           09215         Orange juice, chrozen concentrate, unsweetened, diluted with 3         249         1 cup         0.503           09214         Orange juice, frozen concentrate, unsweetened, undiluted         213         6-fl-oz can         1.525           09206         Orange juice, raw         248         1 cup         0.992           09206         Orange, irae, raw         86         juice from 1 orange         0.349           09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650 <td>11291</td> <td>Onions, spring or scallions (includes tops and bulb), raw</td> <td>15</td> <td>1 whole</td> <td>0.079</td>                 | 11291  | Onions, spring or scallions (includes tops and bulb), raw         | 15         | 1 whole             | 0.079                  |
| 08209         Orange juice, chilled, includes from concentrate         249         1 cup         0.697           08215         Orange juice, frozen concentrate, unsweetened, diluted with 3         249         1 cup         0.503           08214         Orange juice, frozen concentrate, unsweetened, undiluted         213         6-fl-oz can         1.525           08206         Orange juice, raw         86         juice from 1 orange         0.364           08200         Oranges, raw, all commercial varieties         131         1 orange         0.369           08200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes plain, dry mix, complete, prepared         36         1 pancake         0.650           18292         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38 <td< td=""><td>11291</td><td>Onions, spring or scallions (includes tops and bulb), raw</td><td>100</td><td>1 cup</td><td>0.525</td></td<> | 11291  | Onions, spring or scallions (includes tops and bulb), raw         | 100        | 1 cup               | 0.525                  |
| 09215         Orange juice, frozen concentrate, unsweetened, undituded with 3 volume water         249         1 cup         0.503           09214         Orange juice, frozen concentrate, unsweetened, undituded         213         6-fl-oz can         1.525           09206         Orange juice, raw         248         1 cup         0.992           09206         Orange juice, raw         86         juice from 1 orange         0.344           09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes plain, frozen, ready-to-heat (includes butternilk)         36         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38  | 09207  | Orange juice, canned, unsweetened                                 | 249        | 1 cup               | 0.500                  |
| volume water         volume water         213         6-fl-zc can         1.525           09206         Orange juice, raw         248         1 cup         0.992           09206         Orange juice, raw         86         juice from 1 orange         0.344           09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes plain, frozen, ready-to-heat (includes buttermilk)         36         1 pancake         0.650           18289         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           09226         Papayas, raw         140         1 cup         0.500           11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsley, raw         156         1 cup         1.02           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1.02           09241         Peaches, canned, heavy syrup pack, solids and liquids <t< td=""><td>09209</td><td>Orange juice, chilled, includes from concentrate</td><td>249</td><td>1 cup</td><td>0.697</td></t<>  | 09209  | Orange juice, chilled, includes from concentrate                  | 249        | 1 cup               | 0.697                  |
| 09206         Orange juice, raw         248         1 cup         0.992           09206         Orange juice, raw         86         juice from 1 orange         0.344           09200         Oranges, raw, all commercial varieties         131         1 orange         0.508           18288         Pancakes, plain, forzen, ready-to-heat (includes buttermilk)         36         1 pancake         1.048           18290         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           09226         Papayas, raw         304         1 pancake         0.650           11297         Parsings, cooked, boiled, drained, without salt         156         1 cup         0.500           11297         Parsiney, cooked, boiled, drained, without salt         252         1 cup         1.600  | 09215  |   | 249        | 1 cup               | 0.503                  |
| 09206         Orange juice, raw         86         juice from 1 orange         0.344           09200         Oranges, raw, all commercial varieties         131         1 orange         0.368           09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes plain, frozen, ready-to-heat (includes buttermilk)         36         1 pancake         0.650           18290         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           09226         Papayas, raw         140         1 cup         0.500           11297         Parsiey, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.02           09211         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09241         Peaches, canned, juice pack, solids and liquids         262         1 cup         1.633           09236         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.633           09236   | 09214  | Orange juice, frozen concentrate, unsweetened, undiluted          | 213        | 6-fl-oz can         | 1.525                  |
| 09200         Oranges, raw, all commercial varieties         131         1 orange         0.369           09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes plain, frozen, ready-to-heat (includes buttermilk)         36         1 pancake         0.650           18290         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.468           09226         Papayas, raw         304         1 papaya         1.085           09226         Papayas, raw         140         1 cup         0.500           09226         Papayas, raw         10         10 sprigs         0.131           11297         Parsiley, cooked, boiled, drained, without salt         156         1 cup         0.500           09224         Passiley, raw         10         10 sprigs         0.131           11299         Parsinjes, cooked, boiled, drained, without salt         156         1 cup         1.029           12907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, beavy syrup pa   | 09206  | Orange juice, raw   | 248        | 1 cup               | 0.992                  |
| 09200         Oranges, raw, all commercial varieties         180         1 cup         0.508           18288         Pancakes plain, frozen, ready-to-heat (includes buttermilk)         36         1 pancake         1.048           18290         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.650           18292         Papayas, raw         304         1 papaya         1.050           19226         Papayas, raw         140         1 cup         0.500           11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.609           09238         Peaches, canned, juice pack, solids and liquids         262         1 cup         1.439           09241         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.430           09246   | 09206  | Orange juice, raw   | 86         | juice from 1 orange | 0.344                  |
| 18288         Pancakes plain, frozen, ready-to-heat (includes buttermilk)         36         1 pancake         1.048           18290         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.488           09226         Papayas, raw         304         1 papaya         1.050           11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09236         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633   | 09200  | Oranges, raw, all commercial varieties                            | 131        | 1 orange            | 0.369                  |
| 18290         Pancakes, plain, dry mix, complete, prepared         38         1 pancake         0.650           18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.468           09226         Papayas, raw         304         1 papaya         1.095           09226         Papayas, raw         10         10 sprigs         0.131           11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.500           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.500           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.500           09236         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Pea   | 09200  | Oranges, raw, all commercial varieties                            | 180        | 1 cup               | 0.508                  |
| 18292         Pancakes, plain, dry mix, incomplete, prepared         38         1 pancake         0.468           09226         Papayas, raw         304         1 papaya         1.085           09226         Papayas, raw         140         1 cup         0.500           11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.639           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         1 foup         1 tup         1.633           09236         Peaches, raw         1 foup         1   | 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)       | 36         | 1 pancake           | 1.048                  |
| 09226         Papayas, raw         304         1 papaya         1.085           09226         Papayas, raw         140         1 cup         0.500           11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           092341         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1.609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt <t< td=""><td>18290</td><td>Pancakes, plain, dry mix, complete, prepared</td><td>38</td><td>1 pancake</td><td>0.650</td></t<>   | 18290  | Pancakes, plain, dry mix, complete, prepared                      | 38         | 1 pancake           | 0.650                  |
| 09226         Papayas, raw         140         1 cup         0,500           11297         Parsley, raw         10         10 sprigs         0,131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1,129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5,005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0,602           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1,609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0,570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1,433           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1,706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1,633           09236         Peaches, raw         170         1 cup         1,370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2,144           16098         Peanuts, all types, dry-roasted,   | 18292  | Pancakes, plain, dry mix, incomplete, prepared                    | 38         | 1 pancake           | 0.468                  |
| 11297         Parsley, raw         10         10 sprigs         0.131           11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09238         Peaches, canned, juice pack, solids and liquids         262         1 cup         1.609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         98         1 peach         0.790           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2.144           16098         Peanut, all types, dry-roasted, with  | 09226  | Papayas, raw  | 304        | 1 papaya            | 1.085                  |
| 11299         Parsnips, cooked, boiled, drained, without salt         156         1 cup         1.129           22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1.609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09236         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         98         1 peach         0.790           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2.191           16098         Peanut butter, smooth style, with salt         28.35         1 oz (approx 28)         3.834           16090   | 09226  | Papayas, raw  | 140        | 1 cup               | 0.500                  |
| 22907         Pasta with meatballs in tomato sauce, canned entree         252         1 cup         5.005           09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1.609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2.191           16098         Peanut butter, smooth style, with salt         28.35         1 oz (approx 28)         3.834           16390         Peanuts, all types, dry-roasted, without salt         28.35         1 oz (approx 28)         3.834           16089         Peanuts, all types, oil-roasted, with salt         28.35         1 oz (approx 28)         3.834 </td <td>11297</td> <td>Parsley, raw</td> <td>10</td> <td>10 sprigs</td> <td>0.131</td>  | 11297  | Parsley, raw  | 10         | 10 sprigs           | 0.131                  |
| 09241         Peaches, canned, heavy syrup pack, solids and liquids         98         1 half         0.602           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1.609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         98         1 peach         0.790           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2.191           16098         Peanut butter, smooth style, with salt         16         1 tbsp         2.144           16090         Peanuts, all types, dry-roasted, with salt         28.35         1 oz (approx 28)         3.834           16390         Peanuts, all types, oil-roasted, with salt         28.35         1 oz         1 pear         0.602           09340 </td <td>11299</td> <td>Parsnips, cooked, boiled, drained, without salt</td> <td>156</td> <td>1 cup</td> <td>1.129</td>   | 11299  | Parsnips, cooked, boiled, drained, without salt                   | 156        | 1 cup               | 1.129                  |
| 09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1 cup         1.609           09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         98         1 peach         0.790           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2.191           16098         Peanut butter, smooth style, with salt         16         1 tbsp         2.144           16090         Peanuts, all types, dry-roasted, with salt         28.35         1 oz (approx 28)         3.834           16390         Peanuts, all types, dry-roasted, with salt         28.35         1 oz (approx 28)         3.834           16089         Peanuts, all types, oil-roasted, with salt         28.35         1 oz (approx 28)         3.834           16089  | 22907  | Pasta with meatballs in tomato sauce, canned entree               | 252        | 1 cup               | 5.005                  |
| 09238         Peaches, canned, juice pack, solids and liquids         98         1 half         0.570           09238         Peaches, canned, juice pack, solids and liquids         248         1 cup         1.443           09246         Peaches, dried, sulfured, uncooked         39         3 halves         1.706           09250         Peaches, frozen, sliced, sweetened         250         1 cup         1.633           09236         Peaches, raw         98         1 peach         0.790           09236         Peaches, raw         170         1 cup         1.370           16097         Peanut butter, chunk style, with salt         16         1 tbsp         2.191           16098         Peanut butter, smooth style, with salt         16         1 tbsp         2.144           16090         Peanuts, all types, dry-roasted, with salt         28.35         1 oz (approx 28)         3.834           16390         Peanuts, all types, dry-roasted, without salt         28.35         1 oz (approx 28)         3.834           16099         Peanuts, all types, oil-roasted, with salt         28.35         1 oz (approx 28)         3.834           16090         Pears, asian, raw         275         1 pear         0.602           09340         Pears, canned, heavy syrup   | 09241  | Peaches, canned, heavy syrup pack, solids and liquids             | 98         | 1 half              | 0.602                  |
| 09238       Peaches, canned, juice pack, solids and liquids       248       1 cup       1.443         09246       Peaches, dried, sulfured, uncooked       39       3 halves       1.706         09250       Peaches, frozen, sliced, sweetened       250       1 cup       1.633         09236       Peaches, raw       98       1 peach       0.790         09236       Peaches, raw       170       1 cup       1.370         16097       Peanut butter, chunk style, with salt       16       1 tbsp       2.191         16098       Peanut butter, smooth style, with salt       16       1 tbsp       2.144         16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09340       Pears, asian, raw       122       1 pear       0.602         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned   | 09241  | Peaches, canned, heavy syrup pack, solids and liquids             | 262        | 1 cup               | 1.609                  |
| 09246       Peaches, dried, sulfured, uncooked       39       3 halves       1.706         09250       Peaches, frozen, sliced, sweetened       250       1 cup       1.633         09236       Peaches, raw       98       1 peach       0.790         09236       Peaches, raw       170       1 cup       1.370         16097       Peanut butter, chunk style, with salt       16       1 tbsp       2.191         16098       Peanut butter, smooth style, with salt       16       1 tbsp       2.144         16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz (approx 28)       3.834         16089       Pears, asian, raw       275       1 pear       0.602         09340       Pears, asian, raw       122       1 pear       0.602         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, juice pack, solids and liquids       76       1 half       0.184         09254       Pea   | 09238  | Peaches, canned, juice pack, solids and liquids                   | 98         | 1 half              | 0.570                  |
| 09250       Peaches, frozen, sliced, sweetened       250       1 cup       1.633         09236       Peaches, raw       98       1 peach       0.790         09236       Peaches, raw       170       1 cup       1.370         16097       Peanut butter, chunk style, with salt       16       1 tbsp       2.191         16098       Peanut butter, smooth style, with salt       16       1 tbsp       2.144         16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152 </td <td>09238</td> <td>Peaches, canned, juice pack, solids and liquids</td> <td>248</td> <td>1 cup</td> <td>1.443</td>   | 09238  | Peaches, canned, juice pack, solids and liquids                   | 248        | 1 cup               | 1.443                  |
| 09236       Peaches, raw       98       1 peach       0.790         09236       Peaches, raw       170       1 cup       1.370         16097       Peanut butter, chunk style, with salt       16       1 tbsp       2.191         16098       Peanut butter, smooth style, with salt       16       1 tbsp       2.144         16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152  | 09246  | Peaches, dried, sulfured, uncooked                                | 39         | 3 halves            | 1.706                  |
| 09236       Peaches, raw       170       1 cup       1.370         16097       Peanut butter, chunk style, with salt       16       1 tbsp       2.191         16098       Peanut butter, smooth style, with salt       16       1 tbsp       2.144         16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152  | 09250  | Peaches, frozen, sliced, sweetened                                | 250        | 1 cup               | 1.633                  |
| 16097       Peanut butter, chunk style, with salt       16       1 tbsp       2.191         16098       Peanut butter, smooth style, with salt       16       1 tbsp       2.144         16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152   | 09236  | Peaches, raw  | 98         | 1 peach             | 0.790                  |
| Peanut butter, smooth style, with salt  16 1 tbsp 2.144  16090 Peanuts, all types, dry-roasted, with salt 28.35 1 oz (approx 28) 3.834  16390 Peanuts, all types, dry-roasted, without salt 28.35 1 oz (approx 28) 3.834  16089 Peanuts, all types, oil-roasted, with salt 28.35 1 oz (approx 28) 3.919  09340 Pears, asian, raw 275 1 pear 0.602  09340 Pears, asian, raw 122 1 pear 0.267  09257 Pears, canned, heavy syrup pack, solids and liquids 266 1 cup 0.644  09257 Pears, canned, heavy syrup pack, solids and liquids 76 1 half 0.184  09254 Pears, canned, juice pack, solids and liquids 248 1 cup 0.496  09254 Pears, canned, juice pack, solids and liquids 76 1 half 0.152  | 09236  | Peaches, raw  | 170        | 1 cup               | 1.370                  |
| 16090       Peanuts, all types, dry-roasted, with salt       28.35       1 oz (approx 28)       3.834         16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09340       Pears, asian, raw       122       1 pear       0.267         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152   | 16097  | Peanut butter, chunk style, with salt                             | 16         | 1 tbsp              | 2.191                  |
| 16390       Peanuts, all types, dry-roasted, without salt       28.35       1 oz (approx 28)       3.834         16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09340       Pears, asian, raw       122       1 pear       0.267         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152   | 16098  | Peanut butter, smooth style, with salt                            | 16         | 1 tbsp              | 2.144                  |
| 16089       Peanuts, all types, oil-roasted, with salt       28.35       1 oz       3.919         09340       Pears, asian, raw       275       1 pear       0.602         09340       Pears, asian, raw       122       1 pear       0.267         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152  | 16090  | Peanuts, all types, dry-roasted, with salt                        | 28.35      | 1 oz (approx 28)    | 3.834                  |
| 09340       Pears, asian, raw       275       1 pear       0.602         09340       Pears, asian, raw       122       1 pear       0.267         09257       Pears, canned, heavy syrup pack, solids and liquids       266       1 cup       0.644         09257       Pears, canned, heavy syrup pack, solids and liquids       76       1 half       0.184         09254       Pears, canned, juice pack, solids and liquids       248       1 cup       0.496         09254       Pears, canned, juice pack, solids and liquids       76       1 half       0.152  | 16390  | Peanuts, all types, dry-roasted, without salt                     | 28.35      | 1 oz (approx 28)    | 3.834                  |
| 09340Pears, asian, raw1221 pear0.26709257Pears, canned, heavy syrup pack, solids and liquids2661 cup0.64409257Pears, canned, heavy syrup pack, solids and liquids761 half0.18409254Pears, canned, juice pack, solids and liquids2481 cup0.49609254Pears, canned, juice pack, solids and liquids761 half0.152   | 16089  | Peanuts, all types, oil-roasted, with salt                        | 28.35      | 1 oz                | 3.919                  |
| 09257Pears, canned, heavy syrup pack, solids and liquids2661 cup0.64409257Pears, canned, heavy syrup pack, solids and liquids761 half0.18409254Pears, canned, juice pack, solids and liquids2481 cup0.49609254Pears, canned, juice pack, solids and liquids761 half0.152   | 09340  | Pears, asian, raw   | 275        | 1 pear              | 0.602                  |
| 09257Pears, canned, heavy syrup pack, solids and liquids761 half0.18409254Pears, canned, juice pack, solids and liquids2481 cup0.49609254Pears, canned, juice pack, solids and liquids761 half0.152  | 09340  | Pears, asian, raw   | 122        | 1 pear              | 0.267                  |
| 09254Pears, canned, juice pack, solids and liquids2481 cup0.49609254Pears, canned, juice pack, solids and liquids761 half0.152   | 09257  | Pears, canned, heavy syrup pack, solids and liquids               | 266        | 1 cup               | 0.644                  |
| 09254Pears, canned, juice pack, solids and liquids2481 cup0.49609254Pears, canned, juice pack, solids and liquids761 half0.152   | 09257  | Pears, canned, heavy syrup pack, solids and liquids               | 76         | 1 half              | 0.184                  |
|  | 09254  | Pears, canned, juice pack, solids and liquids                     | 248        | 1 cup               | 0.496                  |
| 09252 Pears, raw 166 1 pear 0.261  | 09254  | Pears, canned, juice pack, solids and liquids                     | 76         | 1 half              | 0.152                  |
|  | 09252  | Pears, raw  | 166        | 1 pear              | 0.261                  |

| NDB_No | Description  | Weight (g) | Common Measure   | Content per<br>Measure |
|--------|--|------------|------------------|------------------------|
| 11301  | Peas, edible-podded, boiled, drained, without salt                               | 160        | 1 cup            | 0.862                  |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt               | 160        | 1 cup            | 0.901                  |
| 11308  | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 170        | 1 cup            | 1.680                  |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                       | 160        | 1 cup            | 2.368                  |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt                          | 196        | 1 cup            | 1.744                  |
| 11670  | Peppers, hot chili, green, raw   | 45         | 1 pepper         | 0.428                  |
| 11819  | Peppers, hot chili, red, raw   | 45         | 1 pepper         | 0.560                  |
| 11632  | Peppers, jalapeno, canned, solids and liquids                                    | 26         | 1/4 cup          | 0.105                  |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                     | 136        | 1 cup            | 0.649                  |
| 11333  | Peppers, sweet, green, raw   | 119        | 1 pepper         | 0.571                  |
| 11333  | Peppers, sweet, green, raw   | 149        | 1 cup            | 0.715                  |
| 11333  | Peppers, sweet, green, raw   | 10         | 1 ring           | 0.048                  |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                       | 136        | 1 cup            | 0.649                  |
| 11821  | Peppers, sweet, red, raw   | 119        | 1 pepper         | 1.165                  |
| 11821  | Peppers, sweet, red, raw   | 149        | 1 cup            | 1.459                  |
| 11945  | Pickle relish, sweet   | 15         | 1 tbsp           | 0.035                  |
| 11937  | Pickles, cucumber, dill or kosher dill   | 65         | 1 pickle         | 0.064                  |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked              | 239        | 1 pie shell      | 5.098                  |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked                 | 126        | 1 pie shell      | 4.347                  |
| 18336  | Pie crust, standard-type, prepared from recipe, baked                            | 180        | 1 pie shell      | 5.953                  |
| 19312  | Pie fillings, apple, canned  | 74         | 1/8 of 21-oz can | 0.026                  |
| 19314  | Pie fillings, canned, cherry   | 74         | 1/8 of 21-oz can | 0.104                  |
| 18301  | Pie, apple, commercially prepared, enriched flour                                | 117        | 1 piece          | 0.308                  |
| 18302  | Pie, apple, prepared from recipe   | 155        | 1 piece          | 1.907                  |
| 18305  | Pie, blueberry, commercially prepared  | 117        | 1 piece          | 0.351                  |
| 18306  | Pie, blueberry, prepared from recipe   | 147        | 1 piece          | 1.755                  |
| 18308  | Pie, cherry, commercially prepared   | 117        | 1 piece          | 0.234                  |
| 18309  | Pie, cherry, prepared from recipe  | 180        | 1 piece          | 2.297                  |
| 18310  | Pie, chocolate creme, commercially prepared                                      | 113        | 1 piece          | 0.766                  |
| 18316  | Pie, coconut custard, commercially prepared                                      | 104        | 1 piece          | 0.419                  |
| 18444  | Pie, fried pies, cherry  | 128        | 1 pie            | 1.824                  |
| 18319  | Pie, fried pies, fruit   | 128        | 1 pie            | 1.824                  |
| 18320  | Pie, lemon meringue, commercially prepared                                       | 113        | 1 piece          | 0.733                  |
| 18321  | Pie, lemon meringue, prepared from recipe  | 127        | 1 piece          | 1.199                  |
| 18324  | Pie, pecan, commercially prepared  | 113        | 1 piece          | 1.480                  |
| 18325  | Pie, pecan, prepared from recipe   | 122        | 1 piece          | 1.033                  |
| 18326  | Pie, pumpkin, commercially prepared  | 109        | 1 piece          | 1.207                  |
| 18327  | Pie, pumpkin, prepared from recipe   | 155        | 1 piece          | 1.212                  |
| 11943  | Pimento, canned  | 12         | 1 tbsp           | 0.074                  |
| 14334  | Pineapple and grapefruit juice drink, canned                                     | 250        | 8 fl oz          | 0.668                  |
| 14341  | Pineapple and orange juice drink, canned   | 250        | 8 fl oz          | 0.518                  |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid                | 250        | 1 cup            | 0.498                  |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                          | 254        | 1 cup            | 0.729                  |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                          | 49         | 1 slice          | 0.141                  |
| 09268  | Pineapple, canned, juice pack, solids and liquids                                | 249        | 1 cup            | 0.707                  |
| 09268  | Pineapple, canned, juice pack, solids and liquids                                | 47         | 1 slice          | 0.133                  |

|                |   | Weight (g) | Common Measure  | Measure        |
|----------------|---|------------|-----------------|----------------|
| 09266          | Pineapple, raw, all varieties   | 155        | 1 cup           | 0.775          |
| 21224          | Pizza, cheese topping, regular crust, frozen, cooked  | 63         | 1 serving       | 1.383          |
| 21226          | Pizza, meat and vegetable topping, regular crust, frozen, cooked  | 79         | 1 serving       | 1.879          |
| 09278          | Plantains, cooked   | 154        | 1 cup           | 1.164          |
| 09277          | Plantains, raw  | 179        | 1 medium        | 1.228          |
| 09284          | Plums, canned, purple, heavy syrup pack, solids and liquids   | 46         | 1 plum          | 0.134          |
| 09284          | Plums, canned, purple, heavy syrup pack, solids and liquids   | 258        | 1 cup           | 0.751          |
| 09282          | Plums, canned, purple, juice pack, solids and liquids   | 252        | 1 cup           | 1.192          |
| 09282          | Plums, canned, purple, juice pack, solids and liquids   | 46         | 1 plum          | 0.218          |
| 09292          | Plums, dried (prunes), stewed, without added sugar  | 248        | 1 cup           | 1.793          |
| 09291          | Plums, dried (prunes), uncooked   | 42         | 5 prunes        | 0.790          |
| 09279          | Plums, raw  | 66         | 1 plum          | 0.275          |
| 07065          | Pork and beef sausage, fresh, cooked  | 26         | 2 links         | 0.875          |
| 07064          | Pork sausage, fresh, cooked   | 27         | 1 patty         | 1.690          |
| 07064          | Pork sausage, fresh, cooked   | 26         | 2 links         | 1.627          |
| 10124          | Pork, cured, bacon, cooked, broiled, pan-fried or roasted   | 19         | 3 medium slices | 2.109          |
| 10131          | Pork, cured, canadian-style bacon, grilled  | 46.5       | 2 slices        | 3.215          |
| 10185          | Pork, cured, ham, extra lean and regular, canned, roasted   | 85         | 3 oz            | 4.277          |
| 10151          | Pork, cured, ham, whole, separable lean and fat, roasted  | 85         | 3 oz            | 3.792          |
| 10153          | Pork, cured, ham, whole, separable lean only, roasted   | 85         | 3 oz            | 4.267          |
| 10193          | Pork, fresh, backribs, separable lean and fat, cooked, roasted  | 85         | 3 oz            | 6.491          |
| 10009          | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted  | 85         | 3 oz            | 3.888          |
| 10011          | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   | 85         | 3 oz            | 4.195          |
| 10038          | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled  | 85         | 3 oz            | 6.925          |
| 10179          | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried  | 85         | 3 oz            | 7.808          |
| 10042          | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled   | 85         | 3 oz            | 7.212          |
| 10176          | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried   | 85<br>85   | 3 oz            | 8.217          |
| 10047          | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted  |            | 3 oz            | 8.067          |
| 10051<br>10205 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted  Pork, fresh, loin, country-style ribs, separable lean and fat, | 85<br>85   | 3 oz<br>3 oz    | 8.503<br>4.716 |
| 10075          | cooked, braised  Pork, fresh, shoulder, arm picnic, separable lean and fat,   | 85         | 3 oz            | 4.432          |
| 10078          | cooked, braised Pork, fresh, shoulder, arm picnic, separable lean only, cooked,   | 85         | 3 oz            | 5.049          |
| 10089          | braised Pork, fresh, spareribs, separable lean and fat, cooked, braised   | 85         | 3 oz            | 4.654          |
| 11672          | Potato pancakes   | 76         | 1 pancake       | 1.271          |
| 11399          | Potato puffs, frozen, oven-heated   | 79         | 10 puffs        | 1.193          |
| 11414          | Potato salad, home-prepared   | 250        | 1 cup           | 2.225          |
| 11674          | Potato, baked, flesh and skin, without salt   | 202        | 1 potato        | 2.848          |
| 11385          | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter  | 245        | 1 cup           | 2.301          |
| 11373          | Potatoes, au gratin, home-prepared from recipe using butter   | 245        | 1 cup           | 2.433          |
| 11363          | Potatoes, baked, flesh, without salt  | 156        | 1 potato        | 2.176          |
| 11364          | Potatoes, baked, skin, without salt   | 58         | 1 skin          | 1.778          |
| 11365          | Potatoes, boiled, cooked in skin, flesh, without salt   | 136        | 1 potato        | 1.957          |

| NDB_N | o Description   | Weight (g) | Common Measure | Content per<br>Measure |
|-------|---|------------|----------------|------------------------|
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt                                      | 156        | 1 cup          | 2.047                  |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt                                      | 135        | 1 potato       | 1.771                  |
| 11403 | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 50         | 10 strips      | 1.109                  |
| 11391 | Potatoes, hashed brown, frozen, plain, prepared   | 29         | 1 patty        | 0.702                  |
| 11370 | Potatoes, hashed brown, home-prepared   | 156        | 1 cup          | 3.591                  |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added    | 210        | 1 cup          | 1.630                  |
| 11657 | Potatoes, mashed, home-prepared, whole milk added   | 210        | 1 cup          | 2.348                  |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added                                 | 210        | 1 cup          | 2.465                  |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter                        | 245        | 1 cup          | 2.521                  |
| 11372 | Potatoes, scalloped, home-prepared with butter  | 245        | 1 cup          | 2.580                  |
| 05306 | Poultry food products, ground turkey, cooked  | 82         | 1 patty        | 7.154                  |
| 09294 | Prune juice, canned   | 256        | 1 cup          | 2.010                  |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk                                    | 147        | 1/2 cup        | 0.159                  |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk                                    | 142        | 1/2 cup        | 0.193                  |
| 19183 | Puddings, chocolate, ready-to-eat   | 113        | 4 oz           | 0.139                  |
| 19193 | Puddings, rice, ready-to-eat  | 113.4      | 4 oz           | 0.183                  |
| 19218 | Puddings, tapioca, ready-to-eat   | 113        | 4 oz           | 0.073                  |
| 19212 | Puddings, vanilla, dry mix, regular, prepared with 2% milk                                      | 140        | 1/2 cup        | 0.105                  |
| 19201 | Puddings, vanilla, ready-to-eat   | 113        | 4 oz           | 0.064                  |
| 11424 | Pumpkin, canned, without salt   | 245        | 1 cup          | 0.899                  |
| 11423 | Pumpkin, cooked, boiled, drained, without salt  | 245        | 1 cup          | 1.012                  |
| 11429 | Radishes, raw   | 4.5        | 1 radish       | 0.011                  |
| 09298 | Raisins, seedless   | 145        | 1 cup          | 1.111                  |
| 09298 | Raisins, seedless   | 14         | 1 packet       | 0.107                  |
| 09306 | Raspberries, frozen, red, sweetened   | 250        | 1 cup          | 0.575                  |
| 09302 | Raspberries, raw  | 123        | 1 cup          | 0.736                  |
| 16103 | Refried beans, canned, traditional style (includes USDA commodity)                              | 252        | 1 cup          | 1.068                  |
| 09310 | Rhubarb, frozen, cooked, with sugar   | 240        | 1 cup          | 0.480                  |
| 14639 | Rice drink, unsweetened, with added calcium, vitamins A and D                                   | 240        | 8 fl oz        | 0.936                  |
| 20037 | Rice, brown, long-grain, cooked   | 195        | 1 cup          | 2.980                  |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked  | 175        | 1 cup          | 4.041                  |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry   | 185        | 1 cup          | 9.339                  |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared                               | 165        | 1 cup          | 2.866                  |
| 20045 | Rice, white, long-grain, regular, cooked  | 158        | 1 cup          | 2.332                  |
| 20044 | Rice, white, long-grain, regular, raw, enriched   | 185        | 1 cup          | 7.755                  |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-<br>serve)                      | 28         | 1 roll         | 1.503                  |
| 18350 | Rolls, hamburger or hotdog, plain   | 43         | 1 roll         | 1.786                  |
| 18353 | Rolls, hard (includes kaiser)   | 57         | 1 roll         | 2.416                  |
| 11436 | Rutabagas, cooked, boiled, drained, without salt  | 170        | 1 cup          | 1.216                  |
| 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular                          | 15.3       | 1 tbsp         | 0.015                  |
| 04120 | Salad dressing, french dressing, commercial, regular  | 15.6       | 1 tbsp         | 0.029                  |
| 04020 | Salad dressing, french dressing, reduced fat  | 16.3       | 1 tbsp         | 0.076                  |
| 04133 | Salad dressing, french, home recipe   | 14         | 1 tbsp         | 0.018                  |
| 04134 | Salad dressing, home recipe, cooked   | 16         | 1 tbsp         | 0.040                  |
| 04135 | Salad dressing, home recipe, vinegar and oil  | 15.6       | 1 tbsp         | 0.000                  |

| NDB_No | Description   | Weight (g) | Common Measure   | Content per<br>Measure |
|--------|---|------------|------------------|------------------------|
| 04114  | Salad dressing, italian dressing, commercial, regular                                       | 14.7       | 1 tbsp           | 0.000                  |
| 04021  | Salad dressing, italian dressing, reduced fat   | 15         | 1 tbsp           | 0.000                  |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt  | 13.8       | 1 tbsp           | 0.000                  |
| 04015  | Salad dressing, russian dressing  | 15.3       | 1 tbsp           | 0.091                  |
| 04022  | Salad dressing, russian dressing, low calorie   | 16.3       | 1 tbsp           | 0.000                  |
| 04023  | Salad dressing, thousand island dressing, reduced fat                                       | 15.3       | 1 tbsp           | 0.067                  |
| 04017  | Salad dressing, thousand island, commercial, regular  | 15.6       | 1 tbsp           | 0.065                  |
| 07069  | Salami, cooked, beef and pork   | 56.7       | 2 slices         | 3.432                  |
| 07072  | Salami, dry or hard, pork, beef   | 20         | 2 slices         | 0.973                  |
| 02047  | Salt, table   | 6          | 1 tsp            | 0.000                  |
| 07073  | Sandwich spread, pork, beef   | 15         | 1 tbsp           | 0.260                  |
| 06150  | Sauce, barbecue   | 15.75      | 1 tbsp           | 0.077                  |
| 06930  | Sauce, cheese, ready-to-serve   | 63         | 1/4 cup          | 0.015                  |
| 06175  | Sauce, hoisin, ready-to-serve   | 16         | 1 tbsp           | 0.187                  |
| 06166  | Sauce, homemade, white, medium  | 250        | 1 cup            | 1.005                  |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve  | 250        | 1 cup            | 9.793                  |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp            | 0.012                  |
| 06164  | Sauce, salsa, ready-to-serve  | 16         | 1 tbsp           | 0.012                  |
| 06112  | Sauce, teriyaki, ready-to-serve   | 18         | 1 tbsp           | 0.229                  |
| 11439  | Sauerkraut, canned, solids and liquids  | 236        | 1 cup            | 0.337                  |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork  | 16         | 1 sausage        | 0.258                  |
| 11445  | Seaweed, kelp, raw  | 10         | 2 tbsp           | 0.047                  |
| 11667  | Seaweed, spirulina, dried   | 0.93       | 1 tbsp           | 0.119                  |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                            | 28.35      | 1 oz (142 seeds) | 1.256                  |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)           | 15         | 1 tbsp           | 0.818                  |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)  | 8          | 1 tbsp           | 0.464                  |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                 | 28.35      | 1 oz             | 1.996                  |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                 | 32         | 1/4 cup          | 2.253                  |
| 14346  | Shake, fast food, chocolate   | 333        | 16 fl oz         | 0.536                  |
| 14347  | Shake, fast food, vanilla   | 333        | 16 fl oz         | 0.709                  |
| 11677  | Shallots, raw   | 10         | 1 tbsp           | 0.020                  |
| 19097  | Sherbet, orange   | 74         | 1/2 cup          | 0.047                  |
| 04031  | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) | 12.8       | 1 tbsp           | 0.000                  |
| 19410  | Snack, potato chips, made from dried potatoes, plain  | 28.35      | 1 oz             | 0.919                  |
| 19002  | Snacks, beef jerky, chopped and formed  | 19.8       | 1 large piece    | 0.343                  |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor  | 28.35      | 1 oz             | 0.466                  |
| 19003  | Snacks, corn-based, extruded, chips, plain  | 28.35      | 1 oz             | 0.103                  |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                                | 28.35      | 1 oz             | 1.334                  |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz             | 0.028                  |
| 19014  | Snacks, fruit leather, rolls  | 21         | 1 large          | 0.021                  |
| 19015  | Snacks, granola bars, hard, plain   | 28.35      | 1 bar            | 0.448                  |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter                   | 28.35      | 1 bar            | 0.933                  |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip  | 28.35      | 1 bar            | 0.217                  |
| 19022  | Snacks, granola bars, soft, uncoated, raisin  | 28.35      | 1 bar            | 0.312                  |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                                     | 22         | 1 bar            | 3.583                  |
| 19441  | Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit   | 37         | 1 bar            | 5.000                  |

| NDB_No | Description   | Weight (g) | Common Measure       | Content per<br>Measure |
|--------|---|------------|----------------------|------------------------|
| 19031  | Snacks, oriental mix, rice-based  | 28.35      | 1 oz (about 1/4 cup) | 0.873                  |
| 19034  | Snacks, popcorn, air-popped   | 8          | 1 cup                | 0.185                  |
| 19036  | Snacks, popcorn, cakes  | 10         | 1 cake               | 0.601                  |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts   | 42         | 1 cup                | 0.836                  |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts                                      | 35.2       | 1 cup                | 0.774                  |
| 19040  | Snacks, popcorn, cheese-flavor  | 11         | 1 cup                | 0.160                  |
| 19035  | Snacks, popcorn, oil-popped, microwave, regular flavor                                | 11         | 1 cup                | 0.131                  |
| 19041  | Snacks, pork skins, plain   | 28.35      | 1 oz                 | 0.439                  |
| 19042  | Snacks, potato chips, barbecue-flavor   | 28.35      | 1 oz                 | 1.330                  |
| 19045  | Snacks, potato chips, made from dried potatoes, reduced fat                           | 28.35      | 1 oz                 | 1.019                  |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor           | 28.35      | 1 oz                 | 0.709                  |
| 19411  | Snacks, potato chips, plain, salted   | 28.35      | 1 oz                 | 1.186                  |
| 19811  | Snacks, potato chips, plain, unsalted   | 28.35      | 1 oz                 | 1.085                  |
| 19422  | Snacks, potato chips, reduced fat   | 28.35      | 1 oz                 | 1.985                  |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor                                     | 28.35      | 1 oz                 | 1.142                  |
| 19047  | Snacks, pretzels, hard, plain, salted   | 60         | 10 pretzels          | 3.078                  |
| 19033  | Snacks, RALSTON PURINA, CHEX MIX  | 28.35      | 1 oz (about 2/3 cup) | 1.234                  |
| 19051  | Snacks, rice cakes, brown rice, plain   | 9          | 1 cake               | 0.703                  |
| 19057  | Snacks, tortilla chips, nacho cheese  | 28.35      | 1 oz                 | 0.369                  |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat                                     | 28.35      | 1 oz                 | 0.118                  |
| 19056  | Snacks, tortilla chips, plain, white corn   | 28.35      | 1 oz                 | 0.358                  |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds               | 146        | 1 cup                | 6.431                  |
| 19061  | Snacks, trail mix, tropical   | 140        | 1 cup                | 2.075                  |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve                                   | 243        | 1 cup                | 1.701                  |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water                        | 253        | 1 cup                | 0.521                  |
| 06075  | Soup, beef broth or bouillon, powder, dry   | 6          | 1 packet             | 0.268                  |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water                | 241        | 1 cup                | 0.711                  |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water                           | 244        | 1 cup                | 1.037                  |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water                        | 241        | 1 cup                | 1.301                  |
| 06528  | Soup, chicken noodle, dry, mix, prepared with water                                   | 252.3      | 1 cup                | 1.087                  |
| 06024  | Soup, chicken vegetable, chunky, canned, ready-to-serve                               | 240        | 1 cup                | 3.290                  |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water                     | 241        | 1 cup                | 1.106                  |
| 06018  | Soup, chunky chicken noodle, canned, ready-to-serve                                   | 240        | 1 cup                | 4.301                  |
| 06067  | Soup, chunky vegetable, canned, ready-to-serve  | 240        | 1 cup                | 1.200                  |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water               | 244        | 1 cup                | 0.776                  |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 248        | 1 cup                | 1.969                  |
| 06216  | Soup, cream of chicken, canned, prepared with equal volume milk                       | 248        | 1 cup                | 0.923                  |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water                      | 244        | 1 cup                | 0.820                  |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk         | 248        | 1 cup                | 0.625                  |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water                     | 244        | 1 cup                | 0.508                  |
| 06440  | Soup, minestrone, canned, prepared with equal volume water                            | 241        | 1 cup                | 0.942                  |
| 06177  | Soup, minestrone, canned, reduced sodium, ready-to-serve                              | 241        | 1 cup                | 1.542                  |

| 08094         Soup, noino, dry, mix         39         1 packet         0.574           084494         Soup, noino, dry, mix, prepared with water         246         1 cup         0.155           08449         Soup, noino, dry, mix, prepared with equal volume water         250         1 cup         1.155           08174         Soup, stock, lish, home-prepared         233         1 cup         1.352           08589         Soup, tomate, canned, prepared with equal volume water         244         1 cup         1.352           08599         Soup, vegetable beel, canned, prepared with equal volume water         244         1 cup         1.005           08417         Soup, vegetable, canned, prepared with equal volume water         244         1 cup         1.005           08488         Source pestale, canned, prepared with equal volume water         241         1 cup         1.005           08488         Source pestale, canned, prepared with equal volume water         241         1 cup         1.000           10153         So ya suce made from soy and wheat (shoyu)         16         1 tlap         0.001           11151         Soybeans, gene, cocked, bolick, divide, without sait         172         1 cup         0.05           11151         Soybeans, genature cooked, bolick, without sait         172 <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per<br/>Measure</th>  | NDB_No | Description   | Weight (g) | Common Measure | Content per<br>Measure |
|--|--------|---|------------|----------------|------------------------|
| 06449         Soup, pea, green, canned, prepared with equal volume water         250         1 cup         1.155           06174         Soup, stock, fish, home-prepared         233         1 cup         2.763           06399         Soup, tomato, canned, prepared with equal volume water, commit         244         1 cup         1.332           06459         Soup, vegetable beef, canned, prepared with equal volume water, committed         244         1 cup         1.005           06468         Solum, vegetable, canned, prepared with equal volume water         244         1 cup         0.901           06468         Solum design, non-butterfat, cultured, filled cream-type         12         1 tbsp         0.009           16123         Soy sauce made from soy and wheat (shoyu)         16         1 tbsp         0.351           16159         Soybeans, green, cooked, boiled, distanct, without salt         180         1 cup         0.686           16109         Soybeans, green, cooked, boiled, distanct, without salt         172         1 cup         0.686           16110         Soymik, original and varille, unfortinged         245         1 cup         0.686           16120         Soymik, original and varille, unfortinged         245         1 cup         0.686           16120         Soymik, original and varille, u   | 06094  | Soup, onion, dry, mix   | 39         | 1 packet       | 0.574                  |
| 06174         Soup, tonato, fish, home-prepared         233         1 cup         2.763           06559         Soup, tomato, canned, prepared with equal volume low fat (2%)         248         1 cup         1.352           06559         Soup, tomato, canned, prepared with equal volume water,         244         1 cup         1.232           06559         Soup, vegetarian vegetable, canned, prepared with equal volume         244         1 cup         1.005           06468         Soup, vegetarian vegetable, canned, prepared with equal volume         241         1 cup         0.005           01058         Sour dressing, non-butterfat, cultured, filled cream-type         12         1 tbsp         0.009           18123         Soy sauce made from soy and wheat (shoyu)         16         1 tbsp         0.351           11619         Sybeans, frature cooked, boiled, drinkout salt         172         1 cup         0.256           18109         Sybeans, frature cooked, boiled, drinkout salt         172         1 cup         0.686           18109         Sybeans, frature cooked, boiled, drinkout salt         172         1 cup         0.686           18109         Sybeans, frature cooked, boiled, drinkout salt         172         1 cup         0.501           202101         Spaghetti, whole-wheat, cooked, boiled, drinkou   | 06494  | Soup, onion, dry, mix, prepared with water                      | 246        | 1 cup          | 0.155                  |
| 08359         Soup, tomato, canned, prepared with equal volume low fat (2%)         248         1 cup         1.352           08659         Soup, tomato, canned, prepared with equal volume water, of the property of the prope | 06449  | Soup, pea, green, canned, prepared with equal volume water      | 250        | 1 cup          | 1.155                  |
| milk         nulk         1 cup         1.23           065595         Solu, fontato, canned, prepared with equal volume water, commercial         244         1 cup         1.005           06471         Soup, vegetable bed, canned, prepared with equal volume water         244         1 cup         0.901           06468         Soup, vegetarian vegetable, canned, prepared with equal volume vater         12         1 tbsp         0.009           16123         Soy sauce made from soy and wheat (shoyu)         16         1 tbsp         0.351           11451         Soybeans, green, cooked, boiled, drained, without salt         172         1 cup         0.688           16120         Soymilk, original and vanille, unfortified         245         1 cup         0.688           16120         Soymilk, original and vanille, unfortified         245         1 cup         0.688           16120         Soymilk, original and vanille, unfortified         245         1 cup         0.688           20121         Spaghetti, whole-wheat, cooked, boiled, without added salt         140         1 cup         0.908           20125         Spaghetti, whole-wheat, cooked         2         1 tsp         0.061           20125         Spaghetti, whole-wheat, cooked         2         1 tsp         0.061 <tr< td=""><td>06174</td><td>Soup, stock, fish, home-prepared</td><td>233</td><td>1 cup</td><td>2.763</td></tr<>   | 06174  | Soup, stock, fish, home-prepared                                | 233        | 1 cup          | 2.763                  |
| Commercial   | 06359  |   | 248        | 1 cup          | 1.352                  |
| water         water         0.901           064868         Sopp, vegetarian vegetable, canned, prepared with equal volume water         241         1 tbsp         0.000           101058         Sour dressing, non-butterlat, cultured, filled cream-type         12         1 tbsp         0.003           16123         Soy sauce made from soy and wheat (shoyu)         16         1 tbsp         0.351           11451         Soybeans, grienc, cooked, boiled, drained, without salt         172         1 cup         0.256           16109         Soybeans, grienc, cooked, boiled, drained, without salt         172         1 cup         0.268           16120         Soymik, original and vanilla, unfortified         245         1 cup         1.257           224011         Spaghetti, whole-wheat, cooked         140         1 cup         2.365           20125         Spaghetti, whole-wheat, cooked         1 tbq         1 cup         0.392           20207         Spices, chili powder         2.6         1 tsp         0.061           20208         Spices, chili powder         2.6         1 tsp         0.022           20209         Spices, curry powder         2.1         1 tsp         0.022           202026         Spices, paprika         2.1         1 tsp   | 06559  |   | 244        | 1 cup          | 1.232                  |
| volume water   | 06471  |   | 244        | 1 cup          | 1.005                  |
| 16123         Soy sauce made from soy and wheat (shoyu)         16         1 tbsp         0.351           11451         Soybeans, green, cooked, boiled, drained, without salt         180         1 cup         2.250           16109         Soybeans, green, cooked, boiled, without salt         172         1 cup         0.866           16120         Soymilk, original and vanilla, unfortified         245         1 cup         1.257           22401         Spaghetti, whole-wheat, cooked         140         1 cup         0.361           20121         Spaghetti, whole-wheat, cooked         140         1 cup         0.990           20207         Spices, cleip seed         2         1 tsp         0.061           20209         Spices, chili powder         2.6         1 tsp         0.032           202010         Spices, cinnamon, ground         2.3         1 tsp         0.032           20202         Spices, garlic powder         2         1 tsp         0.062           20202         Spices, garlic powder         2.1         1 tsp         0.07           20202         Spices, parsley, dried         1.5         1 tsp         0.07           20202         Spices, parsley, dried         1.3         1 tsp         0.24   | 06468  |   | 241        | 1 cup          | 0.901                  |
| 11451         Sybeans, green, cooked, boiled, drained, without salt         180         1 cup         0.686           16109         Soybeans, mature cooked, boiled, without salt         172         1 cup         0.686           16120         Soymilk, original and vanilla, unfortified         245         1 cup         1.257           22401         Spaghetit, winde with meat sauce, frozen entree         283         1 package         0.501           20121         Spaghetit, whole-wheat, cooked         140         1 cup         0.989           20125         Spaghetit, whole-wheat, cooked         140         1 cup         0.989           20007         Spices, cellry seed         2         1 tsp         0.061           20009         Spices, chili powder         2.6         1 tsp         0.031           202015         Spices, garlic powder         2.8         1 tsp         0.069           20202         Spices, garlic powder         2.8         1 tsp         0.022           20202         Spices, garlic powder         2.8         1 tsp         0.07           20202         Spices, parsley, dried         1.5         1 tsp         0.21           20202         Spices, parsley, dried         1.3         1 tsp         0.21  | 01058  | Sour dressing, non-butterfat, cultured, filled cream-type       | 12         | 1 tbsp         | 0.009                  |
| 16109         Soybeans, mature cooked, boiled, without salt         172         1 cup         0.686           16120         Soymilk, original and vanilla, unfortified         245         1 cup         1.257           22401         Spaghetti, corked, enriched, without added salt         140         1 cup         2.365           20125         Spaghetti, whole-wheat, cooked         140         1 cup         0.990           20207         Spices, celery seed         2         1 tsp         0.061           20209         Spices, chinamon, ground         2.3         1 tsp         0.032           20210         Spices, cinnamon, ground         2.3         1 tsp         0.032           20210         Spices, cinnamon, ground         2.8         1 tsp         0.069           20202         Spices, grafic powder         2.8         1 tsp         0.022           20202         Spices, grafic powder         2.1         1 tsp         0.002           20202         Spices, grapic, dried         1.5         1 tsp         0.070           20227         Spices, prapley, dried         1.3         1 tbsp         0.021           20208         Spices, parsley, dried         1.3         1 tsp         0.021           20209  | 16123  | Soy sauce made from soy and wheat (shoyu)                       | 16         | 1 tbsp         | 0.351                  |
| 16120         Soymilk, original and vanilla, unfortified         245         1 cup         1.257           22401         Spaghetti with meat sauce, frozen entree         283         1 package         0.501           20121         Spaghetti, cooked, enriched, without added salt         140         1 cup         0.990           20125         Spaghetti, whole-wheat, cooked         140         1 cup         0.990           20207         Spices, celery seed         2         1 tsp         0.061           20209         Spices, chill powder         2.6         1 tsp         0.302           20210         Spices, chill powder         2.3         1 tsp         0.069           20205         Spices, garlic powder         2.8         1 tsp         0.069           20205         Spices, point powder         2.1         1 tsp         0.022           20206         Spices, point powder         2.1         1 tsp         0.007           20207         Spices, point powder         2.1         1 tsp         0.022           20208         Spices, parisky dried         1.5         1 tsp         0.070           20207         Spices, paprika         2.1         1 tsp         0.21           20203         Spices, papri   | 11451  | Soybeans, green, cooked, boiled, drained, without salt          | 180        | 1 cup          | 2.250                  |
| 22401         Spaghetti with meat sauce, frozen entree         283         1 package         0.501           20121         Spaghetti, cooked, enriched, without added salt         140         1 cup         2.965           20125         Spaghetti, whole-wheat, cooked         140         1 cup         0.990           20007         Spices, cellery seed         2         1 tsp         0.061           02009         Spices, climamon, ground         2.3         1 tsp         0.031           02010         Spices, curry powder         2         1 tsp         0.061           02020         Spices, garlic powder         2.8         1 tsp         0.022           02020         Spices, onion powder         2.1         1 tsp         0.070           02027         Spices, parlika         2.1         1 tsp         0.070           02028         Spices, parlika         2.1         1 tsp         0.070           02029         Spices, parliky, dried         1.3         1 ttsp         0.211           02020         Spices, parley, dried         1.3         1 tsp         0.024           11658         Spinach, souffle         136         1 cup         0.651           11641         Spinach, coked, boiled, drained solid   | 16109  | Soybeans, mature cooked, boiled, without salt                   | 172        | 1 cup          | 0.686                  |
| 20121         Spaghetti, cooked, enriched, without added salt         140         1 cup         0.980           20125         Spaghetti, whole-wheat, cooked         140         1 cup         0.990           02007         Spices, collery seed         2         1 tsp         0.061           02009         Spices, chili powder         2.6         1 tsp         0.022           02010         Spices, cinnamon, ground         2.3         1 tsp         0.031           02021         Spices, garlic powder         2.8         1 tsp         0.069           02020         Spices, garlic powder         2.8         1 tsp         0.022           02026         Spices, origano, dried         1.5         1 tsp         0.007           02027         Spices, pagrika         2.1         1 tsp         0.070           02028         Spices, pagrika         2.1         1 tsp         0.21           02029         Spices, pagrike, dried         1.3         1 tsp         0.024           11668         Spinach, souffle         136         1 cup         0.651           11461         Spinach, cooked, boiled, drained solids         14         1 cup         0.824           11458         Spinach, iraw         1   | 16120  | Soymilk, original and vanilla, unfortified                      | 245        | 1 cup          | 1.257                  |
| 20125         Spaghetti, whole-wheat, cooked         140         1 cup         0.990           02007         Spices, cellery seed         2         1 tsp         0.061           02009         Spices, cilli powder         2.6         1 tsp         0.302           02010         Spices, cinimamor, ground         2.3         1 tsp         0.031           02015         Spices, curry powder         2         1 tsp         0.069           02020         Spices, garlic powder         2.8         1 tsp         0.002           02026         Spices, onion powder         2.1         1 tsp         0.007           02027         Spices, paprika         2.1         1 tsp         0.007           02028         Spices, paprika         2.1         1 tsp         0.21           02029         Spices, pariley, dried         1.3         1 tsp         0.24           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.83           11461         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.83           11458         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without  | 22401  | Spaghetti with meat sauce, frozen entree                        | 283        | 1 package      | 0.501                  |
| 02007         Spices, celery seed         2         1 tsp         0.061           02009         Spices, chili powder         2.6         1 tsp         0.302           02010         Spices, cinnamon, ground         2.3         1 tsp         0.031           02015         Spices, cinramon, ground         2.8         1 tsp         0.069           02020         Spices, curry powder         2.8         1 tsp         0.022           02020         Spices, onion powder         2.1         1 tsp         0.007           02027         Spices, oregano, dried         1.5         1 tsp         0.070           02028         Spices, paprika         2.1         1 tsp         0.070           02029         Spices, parsley, dried         1.3         1 tbsp         0.211           02029         Spices, parsley, dried         1.3         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach souffle         136         1 cup         0.830           11458         Spinach, canned, regular pack, drained solids         214         1 cup         0.834           11459         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without  | 20121  | Spaghetti, cooked, enriched, without added salt                 | 140        | 1 cup          | 2.365                  |
| 02009         Spices, chili powder         2.6         1 tsp         0.302           02010         Spices, cinnamon, ground         2.3         1 tsp         0.031           02015         Spices, curry powder         2         1 tsp         0.069           02020         Spices, curry powder         2.8         1 tsp         0.002           02026         Spices, garlic powder         2.1         1 tsp         0.007           02027         Spices, oregano, dried         1.5         1 tsp         0.070           02028         Spices, parsley, dried         1.3         1 tsp         0.211           02029         Spices, parsley, dried         1.3         1 tsp         0.022           02030         Spices, paper, black         2.1         1 tsp         0.021           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.834           11457         Spinach, raw         10         1 leaf         0.072           11457         Spinach, raw         10  | 20125  | Spaghetti, whole-wheat, cooked                                  | 140        | 1 cup          | 0.990                  |
| 02010         Spices, cinnamon, ground         2.3         1 tsp         0.081           02015         Spices, curry powder         2         1 tsp         0.069           02020         Spices, garlic powder         2.8         1 tsp         0.022           02026         Spices, onion powder         2.1         1 tsp         0.007           02027         Spices, ongano, dried         1.5         1 tsp         0.070           02028         Spices, pagarika         2.1         1 tsp         0.211           02029         Spices, parsley, dried         1.3         1 tbsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach souffle         136         1 cup         0.830           11458         Spinach, cooked, boiled, drained solids         214         1 cup         0.830           11458         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         180         1 cup         0.834           11457         Spinach, raw         10         1 leaf         0.072           11464         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, bai   | 02007  | Spices, celery seed   | 2          | 1 tsp          | 0.061                  |
| 02015         Spices, curry powder         2         1 tsp         0.069           02020         Spices, garlic powder         2.8         1 tsp         0.022           02026         Spices, onion powder         2.1         1 tsp         0.007           02027         Spices, oregano, dried         1.5         1 tsp         0.070           02028         Spices, paprika         2.1         1 tsp         0.211           02029         Spices, parsley, dried         1.3         1 tsp         0.024           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.832           11464         Spinach, rozer, chopped or leaf, cooked, boiled, drained, without salt         180         1 cup         0.217           11457         Spinach, raw         30         1 cup         0.27           11457         Spinach, raw         1         1 cup         0.550           11642         Squash, summer   | 02009  | Spices, chili powder  | 2.6        | 1 tsp          | 0.302                  |
| 02020         Spices, garlic powder         2.8         1 tsp         0.022           02026         Spices, onion powder         2.1         1 tsp         0.007           02027         Spices, oregano, dried         1.5         1 tsp         0.070           02028         Spices, paprika         2.1         1 tsp         0.211           02029         Spices, parsley, dried         1.3         1 tbsp         0.129           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.832           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt without salt without salt without salt without salt salt         10         1 leaf         0.072           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt salt         20         1 cup         0.550           11644         Squash, summer, all varieties, cooke   | 02010  | Spices, cinnamon, ground  | 2.3        | 1 tsp          | 0.031                  |
| 02026         Spices, onion powder         2.1         1 tsp         0.007           02027         Spices, oregano, dried         1.5         1 tsp         0.070           02028         Spices, paprika         2.1         1 tsp         0.211           02029         Spices, paprika         1.3         1 tbsp         0.129           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.832           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without         180         1 cup         0.923           11641         Squash, summer, all varieties, cooked, baked, without salt         205         1 cup         0.550           11644         Squash, winter, butternut, frozen, cooked, boiled, without salt  | 02015  | Spices, curry powder  | 2          | 1 tsp          | 0.069                  |
| 02027         Spices, oregano, dried         1.5         1 tsp         0.070           02028         Spices, parsley, dried         2.1         1 tsp         0.211           02029         Spices, persley, dried         1.3         1 tsp         0.024           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, conked, boiled, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.882           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         10         1 leaf         0.072           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt         280         1 cup         0.550           11644         Squash, winter, all varieties, cooked, boiled, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt <td>02020</td> <td>Spices, garlic powder</td> <td>2.8</td> <td>1 tsp</td> <td>0.022</td>  | 02020  | Spices, garlic powder   | 2.8        | 1 tsp          | 0.022                  |
| 02028         Spices, paprika         2.1         1 tsp         0.211           02029         Spices, parsley, dried         1.3         1 tsp         0.129           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.832           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without         180         1 cup         0.550           11644         Squash, winter, all varieties, raw         113         1 cup         0.550           11644         Squash, winter, butternut, frozen, cooked, boiled, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without   | 02026  | Spices, onion powder  | 2.1        | 1 tsp          | 0.007                  |
| 02029         Spices, parsley, dried         1.3         1 tbsp         0.129           02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.832           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt         180         1 cup         0.550           11644         Squash, summer, all varieties, cooked, baked, without salt         205         1 cup         0.550           11644         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         0.609           093  | 02027  | Spices, oregano, dried  | 1.5        | 1 tsp          | 0.070                  |
| 02030         Spices, pepper, black         2.1         1 tsp         0.024           11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.882           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without         180         1 cup         0.923           11641         Squash, summer, all varieties, cooked, baked, without salt         205         1 cup         0.550           11644         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.023           09316         Strawberries, frozen, sweetened, sliced         255         1 cup         0.664   | 02028  | Spices, paprika   | 2.1        | 1 tsp          | 0.211                  |
| 11658         Spinach souffle         136         1 cup         0.651           11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.882           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt salt         180         1 cup         0.923           11641         Squash, summer, all varieties, cooked, baked, without salt         205         1 cup         0.550           11644         Squash, winter, all varieties, cooked, baked, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.023           09316         Strawberries, frozen, sweetened, sliced         255         1 cup         0.641           09316         Strawberries, raw         166         1 cup   | 02029  | Spices, parsley, dried  | 1.3        | 1 tbsp         | 0.129                  |
| 11461         Spinach, canned, regular pack, drained solids         214         1 cup         0.830           11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.882           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt         180         1 cup         0.550           11641         Squash, summer, all varieties, raw         113         1 cup         0.550           11644         Squash, winter, all varieties, cooked, baked, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.014           09320         Strawberries, frozen, sweetened, sliced         255         1 cup         0.69           09316         Strawberries, raw         18         1 strawberry         0.069           09316         Strawberries, raw         12         1 strawberry         0.04           19334 <td>02030</td> <td>Spices, pepper, black</td> <td>2.1</td> <td>1 tsp</td> <td>0.024</td>  | 02030  | Spices, pepper, black   | 2.1        | 1 tsp          | 0.024                  |
| 11458         Spinach, cooked, boiled, drained, without salt         180         1 cup         0.882           11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt         180         1 cup         0.923           11641         Squash, summer, all varieties, raw         113         1 cup         0.550           11644         Squash, winter, all varieties, cooked, baked, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.023           09316         Strawberries, frozen, sweetened, sliced         255         1 cup         0.069           09316         Strawberries, raw         18         1 strawberry         0.064           19334         Sugars, brown         3.2         1 tsp         0.004 <t< td=""><td>11658</td><td>Spinach souffle</td><td>136</td><td>1 cup</td><td>0.651</td></t<>   | 11658  | Spinach souffle   | 136        | 1 cup          | 0.651                  |
| 11464         Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt         190         1 cup         0.834           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt         180         1 cup         0.923           11641         Squash, summer, all varieties, raw         113         1 cup         0.550           11644         Squash, winter, all varieties, cooked, baked, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.114           09320         Strawberries, fozen, sweetened, sliced         255         1 cup         1.023           09316         Strawberries, raw         18         1 strawberry         0.069           09316         Strawberries, raw         166         1 cup         0.641           09334         Sugars, brown         3.2         1 tsp         0.004           19334         Sugars, granulated         4.2         1 tsp         0.000           19336         Sugars, powdered         8         <   | 11461  | Spinach, canned, regular pack, drained solids                   | 214        | 1 cup          | 0.830                  |
| without salt           11457         Spinach, raw         30         1 cup         0.217           11457         Spinach, raw         10         1 leaf         0.072           11642         Squash, summer, all varieties, cooked, boiled, drained, without salt         180         1 cup         0.550           11641         Squash, summer, all varieties, raw         113         1 cup         0.550           11644         Squash, winter, all varieties, cooked, baked, without salt         205         1 cup         1.015           11488         Squash, winter, butternut, frozen, cooked, boiled, without salt         240         1 cup         1.114           09320         Strawberries, frozen, sweetened, sliced         255         1 cup         1.023           09316         Strawberries, raw         18         1 strawberry         0.069           09316         Strawberries, raw         166         1 cup         0.641           09334         Sugars, brown         3.2         1 tsp         0.004           19334         Sugars, granulated         4.2         1 tsp         0.000           19336         Sugars, powdered         8         1 tbp         0.000           1947         Sweet potato, canned, syrup pack, drained solids   | 11458  | Spinach, cooked, boiled, drained, without salt                  | 180        | 1 cup          | 0.882                  |
| 11457       Spinach, raw       10       1 leaf       0.072         11642       Squash, summer, all varieties, cooked, boiled, drained, without salt       180       1 cup       0.923         11641       Squash, summer, all varieties, raw       113       1 cup       0.550         11644       Squash, winter, all varieties, cooked, baked, without salt       205       1 cup       1.015         11488       Squash, winter, butternut, frozen, cooked, boiled, without salt       240       1 cup       1.114         09320       Strawberries, frozen, sweetened, sliced       255       1 cup       1.023         09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 11464  |   | 190        | 1 cup          | 0.834                  |
| 11642       Squash, summer, all varieties, cooked, boiled, drained, without salt       180       1 cup       0.923         11641       Squash, summer, all varieties, raw       113       1 cup       0.550         11644       Squash, winter, all varieties, cooked, baked, without salt       205       1 cup       1.015         11488       Squash, winter, butternut, frozen, cooked, boiled, without salt       240       1 cup       1.114         09320       Strawberries, frozen, sweetened, sliced       255       1 cup       1.023         09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666   | 11457  | Spinach, raw  | 30         | 1 cup          | 0.217                  |
| salt         11641       Squash, summer, all varieties, raw       113       1 cup       0.550         11644       Squash, winter, all varieties, cooked, baked, without salt       205       1 cup       1.015         11488       Squash, winter, butternut, frozen, cooked, boiled, without salt       240       1 cup       1.114         09320       Strawberries, frozen, sweetened, sliced       255       1 cup       1.023         09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         1967       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 11457  | Spinach, raw  | 10         | 1 leaf         | 0.072                  |
| 11644       Squash, winter, all varieties, cooked, baked, without salt       205       1 cup       1.015         11488       Squash, winter, butternut, frozen, cooked, boiled, without salt       240       1 cup       1.114         09320       Strawberries, frozen, sweetened, sliced       255       1 cup       1.023         09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         1047       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 11642  |   | 180        | 1 cup          | 0.923                  |
| 11488       Squash, winter, butternut, frozen, cooked, boiled, without salt       240       1 cup       1.114         09320       Strawberries, frozen, sweetened, sliced       255       1 cup       1.023         09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 11641  | Squash, summer, all varieties, raw                              | 113        | 1 cup          | 0.550                  |
| 09320       Strawberries, frozen, sweetened, sliced       255       1 cup       1.023         09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 11644  | Squash, winter, all varieties, cooked, baked, without salt      | 205        | 1 cup          | 1.015                  |
| 09316       Strawberries, raw       18       1 strawberry       0.069         09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240        | 1 cup          | 1.114                  |
| 09316       Strawberries, raw       166       1 cup       0.641         09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 09320  | Strawberries, frozen, sweetened, sliced                         | 255        | 1 cup          | 1.023                  |
| 09316       Strawberries, raw       12       1 strawberry       0.046         19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 09316  | Strawberries, raw   | 18         | 1 strawberry   | 0.069                  |
| 19334       Sugars, brown       3.2       1 tsp       0.004         19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 09316  | Strawberries, raw   | 166        | 1 cup          | 0.641                  |
| 19335       Sugars, granulated       4.2       1 tsp       0.000         19336       Sugars, powdered       8       1 tbsp       0.000         11647       Sweet potato, canned, syrup pack, drained solids       196       1 cup       0.666  | 09316  | Strawberries, raw   | 12         | 1 strawberry   | 0.046                  |
| 19336 Sugars, powdered 8 1 tbsp 0.000 11647 Sweet potato, canned, syrup pack, drained solids 196 1 cup 0.666   | 19334  | Sugars, brown   | 3.2        | 1 tsp          | 0.004                  |
| Sweet potato, canned, syrup pack, drained solids 196 1 cup 0.666   | 19335  | Sugars, granulated  | 4.2        | 1 tsp          | 0.000                  |
|  | 19336  | Sugars, powdered  | 8          | 1 tbsp         | 0.000                  |
| Sweet potato, canned, vacuum pack 255 1 cup 1.890  | 11647  | Sweet potato, canned, syrup pack, drained solids                | 196        | 1 cup          | 0.666                  |
|  | 11512  | Sweet potato, canned, vacuum pack                               | 255        | 1 cup          | 1.890                  |

| NDB_N | lo Description  | Weight (g) | Common Measure  | Content per<br>Measure |
|-------|---|------------|-----------------|------------------------|
| 11508 | Sweet potato, cooked, baked in skin, without salt   | 146        | 1 potato        | 2.171                  |
| 11510 | Sweet potato, cooked, boiled, without skin  | 156        | 1 potato        | 0.839                  |
| 11659 | Sweet potato, cooked, candied, home-prepared  | 105        | 1 piece         | 0.414                  |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins   | 60         | 1 roll          | 1.430                  |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked                                    | 30         | 1 roll          | 1.087                  |
| 19348 | Syrups, chocolate, fudge-type   | 19         | 1 tbsp          | 0.048                  |
| 19350 | Syrups, corn, light   | 20         | 1 tbsp          | 0.000                  |
| 19353 | Syrups, maple   | 20         | 1 tbsp          | 0.016                  |
| 19129 | Syrups, table blends, pancake   | 20         | 1 tbsp          | 0.000                  |
| 9128  | Syrups, table blends, pancake, reduced-calorie  | 15         | 1 tbsp          | 0.001                  |
| 8360  | Taco shells, baked  | 13.3       | 1 medium        | 0.248                  |
| 9223  | Tangerine juice, canned, sweetened  | 249        | 1 cup           | 0.249                  |
| 9220  | Tangerines, (mandarin oranges), canned, light syrup pack  | 252        | 1 cup           | 1.121                  |
| 9218  | Tangerines, (mandarin oranges), raw   | 84         | 1 tangerine     | 0.316                  |
| 20068 | Tapioca, pearl, dry   | 152        | 1 cup           | 0.000                  |
| 4355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz         | 0.000                  |
| 4545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz         | 0.000                  |
| 4381  | Tea, herb, other than chamomile, brewed   | 178        | 6 fl oz         | 0.000                  |
| 4376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                           | 237        | 8 fl oz         | 0.047                  |
| 4371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259        | 8 fl oz         | 0.028                  |
| 14367 | Tea, instant, unsweetened, powder, prepared   | 237        | 8 fl oz         | 0.076                  |
| 8361  | Toaster pastries, brown-sugar-cinnamon  | 50         | 1 pastry        | 2.287                  |
| 8362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                           | 52         | 1 pastry        | 2.652                  |
| 8482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                           | 52         | 1 pastry        | 1.976                  |
| 6126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)                         | 81         | 1/4 block       | 0.082                  |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                         | 120        | 1 piece         | 0.642                  |
| 11954 | Tomatillos, raw   | 34         | 1 medium        | 0.629                  |
| 1540  | Tomato juice, canned, with salt added   | 243        | 1 cup           | 1.635                  |
| 1546  | Tomato products, canned, paste, without salt added  | 262        | 1 cup           | 8.059                  |
| 1547  | Tomato products, canned, puree, without salt added  | 250        | 1 cup           | 3.665                  |
| 1549  | Tomato products, canned, sauce  | 245        | 1 cup           | 2.389                  |
| 1531  | Tomatoes, red, ripe, canned, packed in tomato juice   | 240        | 1 cup           | 1.709                  |
| 1533  | Tomatoes, red, ripe, canned, stewed   | 255        | 1 cup           | 1.821                  |
| 1529  | Tomatoes, red, ripe, raw, year round average  | 180        | 1 cup           | 1.069                  |
| 1529  | Tomatoes, red, ripe, raw, year round average  | 123        | 1 tomato        | 0.731                  |
| 1529  | Tomatoes, red, ripe, raw, year round average  | 20         | 1 slice         | 0.119                  |
| 1529  | Tomatoes, red, ripe, raw, year round average  | 17         | 1 cherry tomato | 0.101                  |
| 1955  | Tomatoes, sun-dried   | 2          | 1 piece         | 0.181                  |
| 1956  | Tomatoes, sun-dried, packed in oil, drained   | 3          | 1 piece         | 0.109                  |
| 8363  | Tortillas, ready-to-bake or -fry, corn  | 26         | 1 tortilla      | 0.389                  |
| 8364  | Tortillas, ready-to-bake or -fry, flour   | 32         | 1 tortilla      | 1.143                  |
| 1088  | Tostada with guacamole  | 130.5      | 1 tostada       | 0.992                  |
| 5286  | Turkey and gravy, frozen  | 142        | 5-oz package    | 2.555                  |
| 5292  | Turkey patties, breaded, battered, fried  | 64         | 1 patty         | 1.472                  |
| 05296 | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                            | 85.05      | 3 oz            | 5.333                  |

| NDB_No | Description  | Weight (g) | Common Measure | Content per<br>Measure |
|--------|--|------------|----------------|------------------------|
| 05188  | Turkey, all classes, dark meat, cooked, roasted                  | 84         | 3 oz           | 3.065                  |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat  | 145        | 1 cup          | 10.147                 |
| 05186  | Turkey, all classes, light meat, cooked, roasted                 | 84         | 3 oz           | 5.744                  |
| 05168  | Turkey, all classes, meat only, cooked, roasted                  | 140        | 1 cup          | 7.620                  |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered           | 152        | 1 neck         | 2.590                  |
| 11569  | Turnip greens, cooked, boiled, drained, without salt             | 144        | 1 cup          | 0.592                  |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt     | 164        | 1 cup          | 0.768                  |
| 11565  | Turnips, cooked, boiled, drained, without salt                   | 156        | 1 cup          | 0.466                  |
| 02050  | Vanilla extract  | 4.2        | 1 tsp          | 0.018                  |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised   | 85         | 3 oz           | 8.976                  |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted               | 85         | 3 oz           | 5.933                  |
| 11578  | Vegetable juice cocktail, canned                                 | 242        | 1 cup          | 1.757                  |
| 11581  | Vegetables, mixed, canned, drained solids                        | 163        | 1 cup          | 0.941                  |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 182        | 1 cup          | 1.549                  |
| 02048  | Vinegar, cider   | 15         | 1 tbsp         | 0.000                  |
| 18403  | Waffles, plain, frozen, ready -to-heat, toasted                  | 33         | 1 waffle       | 2.933                  |
| 18367  | Waffles, plain, prepared from recipe                             | 75         | 1 waffle       | 1.555                  |
| 14429  | Water, tap, municipal  | 237        | 8 fl oz        | 0.000                  |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids              | 140        | 1 cup          | 0.504                  |
| 09326  | Watermelon, raw  | 286        | 1 wedge        | 0.509                  |
| 09326  | Watermelon, raw  | 152        | 1 cup          | 0.271                  |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached              | 125        | 1 cup          | 7.380                  |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched           | 125        | 1 cup          | 7.290                  |
| 20083  | Wheat flour, white, bread, enriched                              | 137        | 1 cup          | 10.349                 |
| 20084  | Wheat flour, white, cake, enriched                               | 137        | 1 cup          | 9.302                  |
| 20080  | Wheat flour, whole-grain   | 120        | 1 cup          | 5.948                  |
| 20089  | Wild rice, cooked  | 164        | 1 cup          | 2.111                  |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce             | 227        | 8-oz container | 0.216                  |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce             | 227        | 8-oz container | 0.259                  |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce           | 227        | 8-oz container | 0.281                  |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce           | 227        | 8-oz container | 0.170                  |